

CLASS TIMETABLE

WEEK BEGINNING • MONDAY 12th FEB 2018

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 am	HIIT Circuit		HIIT Circuit				
6:00 am	Boxing		Boxing				
6:30 am	Functional Fitness		Functional Fitness				
9:30am		Pilates with Linda (1 hour) (Beginner)		Yoga with Linda (1 hour) (Beginner)		Pilates with Linda (1 hour) (Beg/Int)	
10:00am	HIIT Circuit		HIIT Circuit				
10:30am	Boxing		Boxing				
11:00 am	Functional Fitness		Functional Fitness				
5:45 pm			Boxing (45 mins)	Strength (45 mins)			
6:00 pm	Circuit (45 mins)						
6:30pm		Pilates with Linda (1 hour) (Beg/Int)	Yoga with Linda (1 hour) (Intermediate)	Pilates with Linda (1 hour) (Beginner)			

SUPERVISED HOURS

Monday & Wednesday

5:30am to 7:00am
9:30am to 11:30am
4:30pm to 8:30pm

Sunday

Unsupervised

Thursday & Friday

9:00am to 3:00pm

Saturday

8:00am to 12:00pm

Arjuna Yoga and Pilates \$15 per class – casual packs and passes also available.

Enquire about our 10 casual pass pack for group fitness classes