

HEALTH CLUB CLASS TIMETABLE

MON	TUE	WED	THU	FRI
	8.30 Pilates (Lucy)	9.00 Pilates (Nyree)	9.30am Aqua (Sam)	9.00am Pilates (Nyree)
	9.15 Pilates (Lucy)	10.00 Yoga (Nyree)		9.45am Yoga (Nyree)
18.30 Kettlebells (Abby)	10.15 Aqua (Lucy)	18.30 Aqua (Lynette)		

