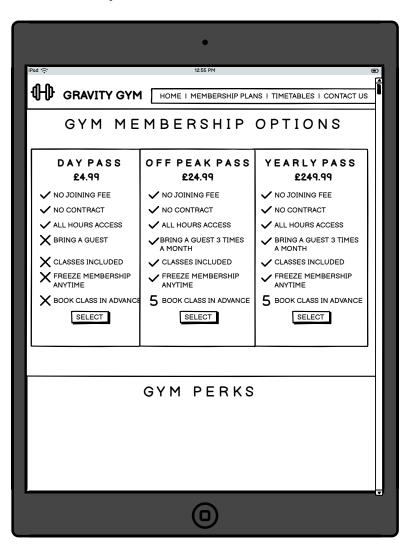
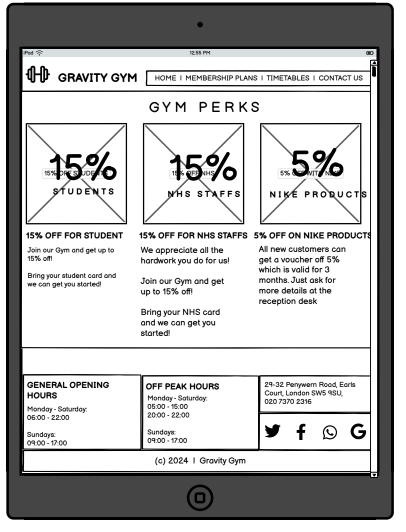




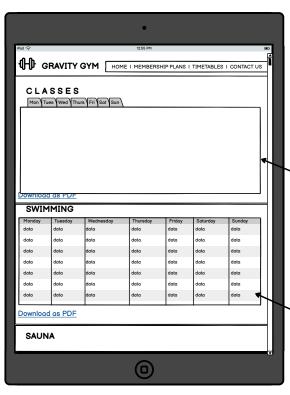


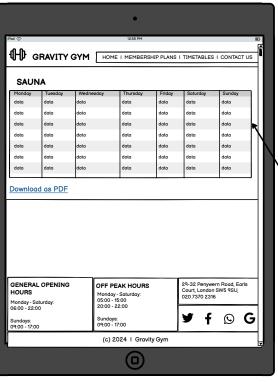
Membership 2 / 4





Timetable 3 / 4





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
09:00 - 10:00	09:00 - 10:00	09:00 - 10:00	09:00 - 10:00	09:00 - 10:00	09:00 - 10:00	09:00 - 10:00
Ladies Zumba	Pilates	Ladies Zumba	Ladies Zumba	Pilates	Ladies Zumba	Ladies Zumba
Studio 1, 45 minutes	Studio 1, 45 minutes	Studio 1, 45 minutes	Studio 1, 45 minutes	Studio 1, 45 minutes	Studio 1, 45 minutes	Studio 1, 45 minut
10:00 - 11:00	10:00 - 11:00	10:00 - 11:00	10:00 - 11:00	10:00 - 11:00	10:00 - 11:00	10:00 - 11:00
Ladies Body combat	Cycling circuits	Ladies Tabata and Abs	Ladies Body combat	Cycling circuits	Ladies Tabata and Abs	Ladies Body comb
Studio 1, 45 minutes	Studio 1, 45 minutes	Studio 1, 45 minutes	Studio 1, 45 minutes	Studio 1, 45 minutes	Studio 1, 45 minutes	Studio 1, 45 minut
11:15 - 12:15	11:15 - 12:15	11:15 - 12:15	11:15 - 12:15	11:15 - 12:15	11:15 - 12:15	11:15 - 12:15
Ladies Legs, Bums and Tums	Ladies Bootcamp	Yoga	Ladies Legs, Bums and Tums	Ladies Bootcamp	Yoga	Ladies Legs, Bums and Tums
Studio 1, 45 minutes	Studio 1, 45 minutes	Studio 1, 45 minutes	Studio 1, 45 minutes	Studio 1, 45 minutes	Studio 1, 45 minutes	Studio 1, 45 minu
12:30 - 13:30	12:30 - 13:30	17:00-18:00	12:30 - 13:30	12:30 - 13:30	17:00-18:00	12:30 - 13:30
Yoga	Ladies Steo	Ladies Zumba	Yoga	Ladies Steo	Ladies Zumba	Yoga
Studio 1, 45 minutes	Studio 1, 45 minutes	Studio 1, 45 minutes	Studio 1, 45 minutes	Studio 1, 45 minutes	Studio 1, 45 minutes	Studio 1, 45 minu
		18:00-19:00			18:00-19:00	
		Body conditioning			Body conditioning	
		Studio 1, 45 minutes			Studio 1, 45 minutes	
		19:00 - 20:00			19:00 - 20:00	
		Bootcamp			Bootcamp	
		Studio 1, 45 minutes			Studio 1, 45 minutes	

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07:00-08:00							
08:00-09:00							
09:00-10:00							
10:00-11:00							
11:00-12:00							
12:00-13:00							
13:00-14:00							
14:00-15:00							
15:00-16:00							
16:00-17:00							
17:00-18:00							
18:00-19:00							
19:00-20:00							
20:00-21:00							
21:00-22:00							

Closed	Ladies only	Male Only	Mixed	Children only	

-							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07:00-08:00							
08:00-09:00							
09:00-10:00							
10:00-11:00							
11:00-12:00							
12:00-13:00							
13:00-14:00							
14:00-15:00							
15:00-16:00							
16:00-17:00							
17:00-18:00							
18:00-19:00							
19:00-20:00							
20:00-21:00							
21:00-22:00							

Closed	Ladies only	Male Only	Mixed	

Contact Us 4 / 4

