












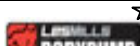












TIME	MON	TUES	WED	THUR	FRI	SAT	SUN	PUBLIC HOLIDAY
6:15	45min 	45min ☆ 				OPEN 8:00 am	OPEN 9:00 am	OPEN 9:00 am
8:30								
9:30			X TRAIN		PILATES	 ☆		
10:30	BOXING 	PILATES/ YOGA	FITBALL/ ABT ☆				PILATES/ YOGA	<b>TBA</b>
11:30			YOGA / STRETCH			YOGA		
12:30	 ☆							
3:30								
4:30				PILATES				
5:30	BOXING 				BOXING/ ABT ☆ 	CLOSE 6:00 pm	CLOSE 5:00 pm	CLOSE 5:00 pm
6:30			YOGA					
7:30	PILATES	DANCE	 ☆					
<b>TRADING HOURS</b>	6:00 – 10:00	6:00 – 10:00	6:00 – 10:00	6:00 – 10:00	6:00 – 9:00	8:00 – 6:00	9:00 - 5:00	9:00 - 5:00
<b>KIDS CLUB</b>	9:00 – 1:00 3:30 - 6:30	9:00 – 1:00 3:30 - 6:30	9:00 – 1:00 3:30 - 6:30	9:00 – 1:00 3:30 - 6:30	8:30 – 12:30 3:30 – 6:30	8:00 – 12:30	NO KIDS CLUB	NO KIDS CLUB

**ALL CLASSES ARE ONE HOUR UNLESS OTHERWISE STATED**

- BODY PUMP** Non-impact, easy to follow class designed to give your body a complete workout using barbells and weights to music. Great for **fat burning and toning. Suitable for beginners to advanced.**
- BODY STEP** A cardio workout with choreographed moves utilising an adjustable platform. Body Step is an addictive class with great music suitable for all levels. **Great for beginners and advanced participants.**
- PILATES** This is a non-impact class with mind and body conditioning. Relieves back pain and stress, improves flexibility, corrects posture and helps prevent osteoporosis. **Suitable for all ages and fitness levels.**
- YOGA** A body and mind experience where you will learn traditional yoga techniques that will help improve your **flexibility.**
- YOGA / PILATES** Total mind and body conditioning. **Non-impact** exercise which increases strength and mobility whilst reducing stress.
- X TRAIN** A cardio and toning workout with 2-3 different class types rolled into one. Great fun and lots of **variety.**
- FITBALL** The perfect class for toning, strength and balance work. Switch on your core and test your balance skills!
- ZUMBA** Dance yourself fit! An amazing workout based around funky hip-shaking moves!
- DANCE** A Flamenco/Jazz Fusion! A high cardio fit class, designed to lift your fitness and your mood!
- ABT** Ab's, Butt's and Thighs! The perfect "Ladies" workout designed to strengthen and tone those key areas!
- BODY ATTACK** This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises. No matter what your fitness level, you'll get fit, stay fit and get fitter!

