CLASS TIMETABLE

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	MORNING						AFTERNOON					EVENING		
MONDAY		Aerobics, Tone & Stretch 09.15 - 10.15	Piloxing 10.30 - 11.30									Yoga 18.00 - 19.00	Total Toning 19.15 - 20.00	
TUESDAY	Early-rise Circuit 07.00 - 07.20	Sun-Power Yoga 07.30 - 08.30	Beginners Fitness Pilates 9:15 - 10:15	DocSpot Support 09.30 - 10.30	DocSpot Session 1 10.30 - 11.00	DocSpot Session 2 11.00 - 11.30			Pure Stretch 14.00 - 14.45			Abs Blast 17.45 - 18.15		
WEDNESDAY		Fitness Pilates 09.30 - 10.30					Kettlebells 12.30 - 13.00	Gym Ball Heaven 13.15 - 13.45					Body Conditioning 18.30 - 19.15	Sun-Power Yoga 19.30 - 20.30
THURSDAY	Early-rise Circuit 07.00 - 07.20	Sun-Power Yoga 07.30 - 08.30		Pure Stretch 10.00 - 10.45			Docspot Session 1 13.30 - 14.00	Docspot Session 2 14.00 - 14.30	Docspot Support 14.30 - 15.30				Yoga 18.45 - 19.45	
FRIDAY		Aerobics 09.15 - 10.00	Fitness Pilates 10.00 - 10.45									Kettlebell & TRX 17.45 - 18.30		
SATURDAY		Functional Fitness 08.30 - 09.30	Zumba 10.30 - 11.15	DocSpot Support 11.00 - 13.00					Boxercise 15.30 - 16.15					
SUNDAY				Legs, Bums & Tums 11.00 - 11.45										