

CLASS TIMETABLE

***CONDITIONS APPLY. CLASSES ARE SUBJECT TO MINIMUM NUMBERS. BOOKINGS ARE ESSENTIAL. CLASSES CAN BE BOOKED IN A 6 WEEK BLOCK FOR \$150.**

CLASS TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9AM					
10AM					
11AM					Strength and Balance
12PM	Aquacise	Water Tai Chi	Aquacise	Aquacise	Aquacise
1PM	Boxing/Circuit		MFR and functional movement (FP)		
2PM					
3PM				Boxing/Circuit	
3.30PM					Water Tai Chi
5PM	MFR and functional movement (FP)	Strength and Balance			

Water Classes- Please avoid the pool during this time

Gym Classes- Please avoid the gym area during this time