

TIME

TABLE

note

	M	T	W	T	F	S	S
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30			POWER PILATES				
6:45							
7:00							
7:15							
7:30			PILATES - OPEN FLOW				
7:45							
8:00							
8:15							
8:30							
8:45							
9:00							Pilates
9:15							
9:30	FIT		BURN/ FIT		BURN/ FIT		
9:45							Family Yogalates
10:00							
10:15							
10:30							Mums & Bubs Yoga
10:45							
11:00						MINI MOVERS	
11:15							Pre/Post Natal
11:30				DANCE- OPEN CLASS		DANCE- MOVE IT	
11:45				PROFESSIONAL		BEGINNERS	
12:00							
12:15							
12:30							
4:30						YOGA- MINI & ME	
4:45							
5:00							
5:15							
5:30						YOGA FLOW	
5:45			BOXING				
6:00	Teen Latin/ BR			BALLET- ADULT			
6:15		BOXING					
6:30	Teen Social		SHAKE IT			BASIC YOGA	
6:45			DANCE CARDIO- ALL	DANCE- MOVE IT	SALSA		
7:00		Beg/ Adv Latin Tech	LEVELS	BEGINNERS			
7:15							
7:30	Bronze NV	BURN	Ballroom Tech/ Adv & Beg	DANCE- OPEN CLASS	FIT	DANCER YOGA	
7:45				INT-ADV			
8:00	Silver NV	Ballroom Social					
8:15							
8:30	Open NV				PRACTICE CLASS		
8:45							
9:00							
9:15							
9:30					UNTIL. 10:30PM		

FITNESS

DANCE FIT

DANCE

BALLROOM

RECOVERY

Timetable is subject to change pending client preferences