



NEW CLASS TIMETABLE FOR DECEMBER 2009

Monday	Tuesday	Wednesday	Thursday	Friday
	09:30am Body Mix 45mins	09:30am Beg/ Int Pilates 45mins		09:30am Body Mix 60mins
10:30am Aqua Aerobics 45mins	10:30am Beginner Pilates 45mins	10:30am Aqua Aerobics 45mins	10:30am Beginner Step 30mins (NEW CLASS)	10:30am Aqua Aerobics 45mins
18:00pm Beginner Step 30mins (NEW CLASS)		18:00pm Beginner Step 30mins (NEW CLASS)		
		18:30pm Light & Low 45mins		
19:00pm Step and Tone 60mins	19:00pm Legs, Bums and Tums 30mins (NEW CLASS)	19:30 Beginner Pilates 45mins 20:15pm Beginner Pilates		19:00pm Legs, Bums and Tums 30mins (NEW CLASS)

Small Fee for Pilates Courses

A minimum of 2 people required for the class to commence

No admittance to class 5 minutes after start time