

# FITNESS CLASS TIMETABLE

MON	TUES	WEDS	THURS	FRI	SAT	SUN
	6:30 - 7AM <b>TOTAL TONE</b>	6:30 - 7:15AM <b>SPIN &amp; ABS</b>	6:30 - 7AM <b>PILATES</b>	6:30 - 7AM <b>TOTAL BODY BLAST</b>		
9:30 - 10AM <b>AQUA AEROBICS</b>	9:30 - 10AM <b>PILATES</b>	9:30 - 10AM <b>LEGS, BUMS &amp; TUMS</b>	9:30 - 10AM <b>AQUA AEROBICS</b>	9:30 - 10AM <b>SPIN EXPRESS</b>	9:00 - 9:45AM <b>SPIN &amp; LIFT</b>	
6:30 - 7:15PM <b>BOX-FIT</b>	6:30 - 7:15PM <b>SPIN &amp; LIFT</b>		6:30 - 7:15PM <b>BOX-FIT</b>			
	7:00 - 7:30PM <b>AQUA AEROBICS</b>					

LIMITED AVAILABILITY. PRE-BOOKING REQUIRED.  
CALL 021 463 5151 OR BOOK IN AT RECEPTION.