

WELLNESS & FITNESS CENTRE'S GROUP CLASS TIMETABLE 2010							
DAY	TIME	VENUE					
		Pool	Fitness Centre	Blue Floor Right	Blue Floor Left	*Book 4 classes & collect token @ rec!	
Mon	06:30	Aqua (Julie) *	Keep Fit (Jodie) ***	Aerobics (Luke) **			
	07:00		Prime Time Class (Fallon) ** Prime Time Class (Murray) *			*Yoga (Groschaan) ***	
	08:00		Keep Fit (Zulfah) ***				
	08:30	Aqua (Karen) **	Body Sculpt (Yusuf) **			*Pilates (Philippa) **	
	09:30	Hydro (Zulfah) *					
	10:00			Pezzi&Stretch (Tia) **			
	10:30					*Pilates Orientation (Alison) 6 week cycle	
	12:30					*Yoga (Groschaan) **	
	13:00	Aqua (Karen) **					
	17:30	Aqua (Julie) **	Track Class (Murray) ****	Step (Mari) ***			*Tai Chi (Sean) **
18:30		Tone & Walk (Susan) **				*Pilates (Neil) **	
Tues	06:30		Tone & Walk (Marius) **			*Pilates (Ilse) ***	
	07:30					*Pilates (Ilse) **	
	08:00		Keep Fit (Chad) ***				
	08:30		Keep Fit (Fallon) **				
	09:30	Aqua (Karen) **					
	10:00			Instructors Choice (Lyle) **			
	10:30						*Pilates (Philippa) **
	11h00		Tone & Walk (Keenin) Prime Time*				
	11h30						*Pilates (Philippa) *
	12:00	Hydro (Fallon) *					
	12:30						*Yoga (Groschaan) **
	15:00		Tone & Walk (Keenin) *				
17:30	Aqua (Chad) **		Tone & Walk (Murray) **	*SSISUMBA (CJ) **		*Pilates (Neil) **	
18:00				*Boxercise (Beley) **			
18:30				AB attack! (Tamzin) ** (previously stretch/core)		*Yoga (Groschaan) **	
Wed	06:30	Aqua (Julie) *	Keep Fit (Murray) ***				
	07:00		Prime Time Class (Lamees) ** Prime Time Class (Chad) *				
	07:30						*Yoga (Brigitta) **
	08:00		Keep Fit (Zulfah) ***				
	08:30	Aqua (Karen) **	Body Sculpt (Tia) **				
	09:30	Hydro (Claire) *					
	10:00		Instructors Choice (Lyle) **				* Pilates (Philippa) ***
	13:00	Aqua (Karen) **					*Pilates (Philippa) ***
	17:00						
	17:30		Track Class (Richard) ****		Instructors Choice (Zulfah) **		*Yoga (Lene) **
18:30				Step (Luke) ***		*Pilates Orientation (Rene) 6 week cycle	
Thurs	06:30		Tone & Walk (Claire) **	Step (Mari) ***			
	07:30						*Pilates (Jane) **
	08:00		Keep Fit (Yusuf) ***				
	08:30		Body Sculpt (Susan) **				
	09:00						
	09:30	Aqua (Karen) **					
	10:00						* Pilates (Philippa) **
	11:00						*Pilates (Philippa) *
	12:00	Hydro (Tiaan) *					
	15:00		primeTIME (Keenin) members over 40 *				
17:30	Aqua (Julie) **	Tone & Walk (Jonathan) **		*Boxercise (Beley) ***		*Pilates (Morea) **	
18:00							
18:30		Tone & Walk (Jonathan) **		A-B-C Orientation Step (Morea) *		*Pilates (Lucy) ***	
Fri	06:30	Aqua (Marvin) *	Super Dooper Circuit - (Jodie) ***	Step (Luke) **** & Instructors Choice (Claire) **	Fun Run (Avi) (out & about) ***		
	07:00		Prime Time Class (Lamees) ** Prime Time Class (Chad) *				
	07:30						*Pilates (Jane) **
	08:00		Keep Fit (Fallon) ***				
	08:30	Aqua (Zulfah) **	Keep Fit (Claire) **				
	09:00						*Yoga (Groschaan)***
	09:30	Hydro (Marvin) *					
	10:00		Instructors Choice (Lyle) **	Pezzi&Stretch (Tia) **			
	10:30						*Pilates (Alison) **
	11h30						*Pilates (Alison) *
12:00							
13:00						*Stretch (Morea) **	
Sat	08:30		Keep Fit (Zulfah/Tamzin/Fawwaaz) **				
	09:00						*Yoga (Lene) **
	09:30	Aqua (Zulfah/Tamzin/Fawwaaz) **					

Please note: If you are unable to attend a class that you booked for, please be considerate and call in to cancel. Class numbers are limited and we would like to give everyone an equal opportunity to make use of these classes.

Class intensity: * Beginner ** Beginner/Intermediate * Intermediate **** Advanced**

PLEASE NOTE: CLASSES AND/OR INSTRUCTORS MAY CHANGE WITHOUT NOTICE.

PUBLIC HOLIDAY CLASSES AND TIMES WILL BE COMMUNICATED TO MEMBERS IN ADVANCE