



Class Schedule - Effective January 2021

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------------|------------------------------|-------------------|-------------------|----------------|------------------------------|------------|----------------|
| 5.00am | Triple A | Total Body | Total Body | Triple A | Total Body | | |
| 6.00am | Strength & Cardio | Triple A | Strength & Cardio | Total Body | Strength & Cardio | | |
| 7.00am | Total Body | Stretch & Tone | Total Body | Triple A | Total Body | Jumpboard | |
| 8.00am | Stretch & Tone | Total Body | Triple A | Jumpboard | Stretch & Tone | Total Body | Total Body |
| 9.00am | Total Body | Triple A | Total Body | Total Body | Total Body | Total Body | Stretch & Tone |
| 10.00am | Pre & Postnatal (10:30am) | | | | Pre & Postnatal (10:30am) | Triple A | Total Body |
| 11.00am | | | | | | | Introductory |
| 4.30pm | Total Body | Total Body | Triple A | Total Body | | | |
| 5.30pm | Jumpboard | Strength & Cardio | Total Body | Stretch & Tone | | | |
| 6.30pm | Total Body | Total Body | Total Body | Total Body | | | |

All classes are 45 minutes duration. Doors open 10 minutes before scheduled start time. Timetable subject to change