



## Class Schedule - Effective January 2021

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