

DAY	TIME	STUDIO 1	TIME	STUDIO 2
MON				
	09.30-10.10am	Dance Fit (Emma)		
	10.15-10.55am	Body Conditioning (Netty)		
			5.45-6.25pm	Adult Tap Beginners (Georgina)
	6.30-7.10pm	Aerobics (Emma)	6.30-7.10pm	Spinning (Tracy)
	7.15-7.55pm	Total Tone (Tracy)	7.15-7.55pm	Adult Tap Advanced (Georgina)
	8.00-8.40pm	Adult Ballet (Alicia)	8.00-8.40pm	Pilates (Tracy)
TUES				
	6.30-7.10pm	Dance Fit (Emma)	6.35-7.15pm	Burn & Firm (Shirl)
	7.15-7.55pm	Cardio Pump (Tracy)	7.15-7.55pm	Supple Strength (Emma)
WEDS	9.30-10.10am	Body Blast (Shirl)		
	10.15-10.55am	Pilates (Shirl)		
	1.00-2.00pm	Tai Chi (Henry)		
	6.30-7.10pm	Westend Workout (Emma)		
	7.15-7.55pm	Urban Funk (Emma)		
	8.00-8.40pm	*Adult Competition Squad (Emma)*	7.15-7.55pm	Total Tone (Tracy)
THURS	9.30-10.10am	Kettlebells (Jonny)	09.30-10.10am	Barre Fit (Alicia)
	10.15-10.55am	Functional Strength (Jonny)		
			5.45-6.25pm	Spin Circuits (Jonny)
	6.30-7.10pm	Kettlebells (Jonny)		
			7.15-7.55pm	Cardio Kick (Tracy)
FRI	9.30-10.10am	Zumba Gold (Sandra)		
	10.15-10.55am	Cardio Pump (Jonny)		
SAT	9.00-9.40am	Spin Circuits (Tracy)		
	9.45-10.30am	Calorie Crunch (Tracy)		

\*We are implementing time between each class in order to clean the studio. Classes will be streamed online and places in the studio are open on a first come, first served basis. Spinning takes place in studio only.