elite studios

Adult Dance & Fitness Timetable
Online & In Studio.

DAY	TIME	STUDIO 1	TIME	STUDIO 2
MON	09.30-10.10am	Dance Fit (Tracy)		
	10.15-10.55am	Body Conditioning (Tracy)		
	6.30-7.10pm	Aerobics (Emma)	6.30pm-7.15pm	Adult Tap (Georgina)
	7.15-7.55pm	Total Tone (Tracy)	7.15-7.55pm	Adult Ballet (Mia)
	8.00-8.40pm	Pilates (Lucy)	8.00-8.40pm	Adult Lyrical (Mia)
TUES	9:30-10:10am	Barre Fit (Tracy)		
	6.30-7.10pm	Dance Fit (Tracy)	6.30-7.10pm	Body Blast (Shirl)
	7.15-7.55pm	Cardio Pump (Tracy)		
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	Cardio Kick (Tracy)		
	7.15-7.55pm	Urban Funk (Mia)	7.15-7.55pm	Total Tone (Tracy)
	8.00-8.40pm	*Adult Jazz (Mia)*		
THURS	9.30-10.10am	Kettlebells (Pete)		
	10.15-10.55am	Functional Strength (Pete)		
			5.45-6.25pm	Pilates Fusion (Tracy)
			6.30-7.10pm	Kettlebells (Tracy)
			7.15-7.55pm	Boogie Bounce (Tracy)
FRI	9.30-10.10am	Zumba Gold (Holly)		
	10.15-10.55am	Supple Strength (Tracy)		
			6.00pm-6.40pm	Glowfit (Tracy)
SAT	9.45-10.30am	Calorie Crunch (Tracy)		

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