

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	Boxa cise 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				
			5:45-6:25pm	Boogie Bounce
	6.30-7.10pm	Dance Fit (Emma)	6.30-7.10pm	Body Blast (Shirl)
	7.15-7.55pm	Supple Strength (Emma)	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	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	Dance Fit (Tracy)
	6.30-7.10pm	Kettlebells (Jonny)		
			7.15-7.55pm	Boogie Bounce (Tracy)
FRI	9.30-10.10am	Zumba Gold (Sandra)		
	10.15-10.55am	Cardio Pump (Jonny)		
SAT				
	9.45-10.30am	Boogie Bounce Tracy)		