

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)	6.30-7.10pm	Bounce & Tone (Tracy)
	7.15-7.55pm	Total Tone (Tracy)	7.15-7.55pm	Adult Tap (Georgina)
	8.00-8.40pm	Adult Ballet (Georgina)	8.00-8.40pm	Pilates (Lucy)
TUES	9.30-10.10am	Barre Fit (Alicia)		
	6.30-7.10pm	Dance Fit (Emma)	6.30-7.10pm	Body Blast (Shirl)
	7.15-7.55pm	Supple Strength (Chloe)	7.15-7.55pm	Cardio Pump (Tracy)
8.00-8.40pm	Adult Lyrical (Ceri)			
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 (Emma)		
	8.00-8.40pm	*Adult Jazz (Emma)*	7.15-7.55pm	Total Tone (Tracy)
THURS	9.30-10.10am	Kettlebells (George)		
	10.15-10.55am	Functional Strength (George)		
			5.45-6.25pm	Dance Fit (Tracy)
			6.30pm - 7.10pm	Kettlebells (Tracy)
			7.15-7.55pm	Boogie Bounce (Tracy)
FRI	9.30-10.10am	Zumba Gold (Holly)		
	10.15-10.55am	Barbell Strength (Chloe)		
			5.45pm-6.25pm	Boogie Bounce Party! (Tracy)
			6.30pm-7.10pm	Circuit Training (Spencer)
SAT	9.45-10.30am	Calorie Crunch (Tracy)		