



FULLY SUPERVISED CHILDMINDING

Mornings:

Monday to Friday 9am to 11am

Saturday 8am to 11am

Afternoons:

Monday to Thursday 5pm to 7pm

1Hr Sessions \$3

Packages available \*bookings required

## Group Fitness Timetable

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning						
5.30am	<b>LES MILLS BODYPUMP</b> KEZ - 45mins	<b>LES MILLS RPM</b> EMMA - 45mins	<b>LES MILLS BODYPUMP</b> KEZ - 45mins	<b>FFIT</b> CASSY - 45 mins	<b>LES MILLS RPM</b> EMMA - 45mins	
8.00am						<b>SOULPT</b> DANIEL - 55mins
8.00am						<b>LES MILLS BODYPUMP</b> KEZ - 55mins
8.15am						<b>LES MILLS RPM</b> BEC - 45mins
9.00am	<b>LES MILLS BODYPUMP</b> SANDRA - 55mins	<b>LES MILLS BODYBALANCE</b> BROOKE - 55mins	<b>LES MILLS BODYPUMP</b> BEC - 55mins	<b>FFIT</b> CASSY - 45 mins	<b>SOULPT</b> DANIEL - 55mins	<b>STRONG NATION</b> SONIA - 55mins
10.00am						<b>LES MILLS BODYBALANCE</b> SANDRA - 55mins
Afternoon						
5.00pm	<b>LES MILLS BODYPUMP</b> KEZ - 55mins					
5.15pm			<b>LES MILLS BODYPUMP</b> BROOKE - 55mins	<b>SOULPT</b> DANIEL - 45mins		
5.30pm		<b>BOXING</b> PAUL - 55mins				
6.00pm	<b>LES MILLS BODYBALANCE</b> SANDRA - 55mins			<b>YOGA</b> ERICA - 55mins		
6:30pm		<b>YOGA</b> RACHAEL - 45mins				

NB: Class times are on an initial trial and classes and instructors may be changed depending on attendance numbers