

TERM 6, 17 AUGUST – 26 SEPTEMBER 2009

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------|--------------------------------|--------------------------------|--------------------------------|--------------------------------|--|--|
| 10.00am | | | | | | powapole pulse |
| 11.00am | | | | | | 30 minute BumsNTums |
| 11.30am | | | | | | powapole Practice Session 11.30pm - 12.30pm |
| 12.30pm | | powapole tone | powapole 2 | 30 minute BumsNTums | | |
| 4.30pm | | | | | powapole Practice Session 4.30pm – 6.00pm | |
| 4.45pm | powapole pulse | | powapole tone | | | |
| 5.15pm | | BumsNTums | | | | |
| 5.30pm | | powapole tone | | powapole 2 | | |
| 5.45pm | 15 minute BumsNTums | | 15 minute BumsNTums | | | |
| 6.00pm | powapole pulse | | powapole 2 | | | |
| 6.30pm | | powapole 2 | | 15 minute BumsNTums | | |
| 6.45pm | | | | powapole aerial | | |
| 7.00pm | powapole esteem | | powapole aerial2 | | | |
| 7.30pm | | 15 minute BumsNTums | | | | |
| 7.45pm | | powapole pulse | | powapole pulse | | |
| 8.00pm | 15 minute BumsNTums | | 15 minute BumsNTums | | Please note: 8.45pm class | |
| 8.15pm | powapole pulse | | powapole tone | 15 minute BumsNTums | | |

Note: 30 minute BumsNTums on Thursday lunch and Saturday mornings are casual classes that any lady is welcome to attend, casual rates for **BumsNTums** are \$10 per class or \$65 for the 6 week Term, **free for members.**

Timetable subject to change without notice if deemed necessary.