


	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.00am		powapole practice					
9.30am						BumsN'Tums 30	
10.00am						powapole practice	
12.30pm			powapole aerial 1	powapole cardio	StretchN'Flex 45	<p>Hens Nights & Parties!</p> 	
3.00pm							Staff Training
4.45pm		powapole cardio	powapole cardio2				Private Sessions
5.15pm	BumsN'Tums 30			StretchN'Flex 30			
5.30pm					powapole doubles		
5.45pm	powapole aerial 1	BumsN'Tums 15	BumsN'Tums 15	BumsN'Tums 15			
6.00pm		powapole cardio2	powapole cardio	powapole aerial2			
6:45pm	BumsN'Tums 15						
7.00pm	powapole cardio2	powapole cardio	powapole aerial 1	powapole cardio			
8.00pm	BumsN'Tums 15	BumsN'Tums 15	BumsN'Tums 15	BumsN'Tums 15			
8.15pm	powapole cardio	powapole cardio	powapole aerial3	powapole cardio2			

Timetable subject to change without notice if deemed necessary.

Note: 30 minute BumsNTums and StretchNFlex are \$10 casual classes or 10 pass discount vouchers can be purchased.



ACT 2010 PERSONAL TRAINING BUSINESS OF THE YEAR



2011 AUSTRALIAN CAPITAL TERRITORY FINALIST