






	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.00am			powap@le practice				
9.00am						powap@le aerial 1	
10.00am							
10.30am						powap@le cardio2	
11.30am						powap@le practice	
12.30pm			powap@le aerial 1	powap@le cardio	StretchN'Flex 45	<p>Hens Nights & Parties!</p> 	
3.00pm							Staff Training
4.45pm		powap@le cardio	powap@le cardio2				Private Sessions
5.15pm							
5.30pm				BumsN'Tums 30	powap@le doubles		
5.45pm	powap@le aerial 1	BumsN'Tums 15	BumsN'Tums 15				
6.00pm		powap@le cardio2	powap@le cardio	powap@le aerial2			
6:45pm	BumsN'Tums 15						
7.00pm	powap@le aerial2	powap@le cardio	powap@le aerial 1	powap@le cardio			
8.00pm	BumsN'Tums 15	BumsN'Tums 15	BumsN'Tums 15	BumsN'Tums 15			
8.15pm	powap@le cardio	powap@le cardio	powap@le aerial3	powap@le 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.



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