

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.00am		StretchN'Flex45					
9.00am						powerpole cardio2	
10.00am						BumsN'Tums <sup>30</sup>	
10.15am							BoxaFit <sub>45</sub>
10.30am						powerpole cardio	
11.00am							StretchN'Flex45
11.30am						powerpole practice	
11.45am							powerpole practice
12.30pm		powerpole cardio	powerpole aerial 1	BumsN'Tums <sup>30</sup>	StretchN'Flex45		
4.45pm	powerpole cardio						
5.15pm		BumsN'Tums <sup>15</sup>			BumsN'Tums <sup>30</sup>		
5.30pm		powerpole cardio		powerpole cardio2			
5.45pm	BumsN'Tums <sup>15</sup>		BumsN'Tums <sup>15</sup>		powerpole aerial3		
6.00pm	powerpole cardio		powerpole cardio2				
6.30pm		powerpole cardio2		BumsN'Tums <sup>15</sup>			
6.45pm				powerpole aerial 1			
7.00pm	powerpole esteem		powerpole aerial2				
7.30pm		BumsN'Tums <sup>15</sup>					
7.45pm		powerpole cardio		BumsN'Tums <sup>15</sup>			
8.00pm	BumsN'Tums <sup>15</sup>		BumsN'Tums <sup>15</sup>	powerpole cardio			
8.15pm	powerpole cardio		powerpole cardio				

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.