

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