

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9.00am						powapole esteem	
10.00am						BumsN'Tums 30	
10.30am						powapole aerial 1	StretchN'Flex 45
11.15am							powapole practice
11.30am						powapole practice	
12.30pm		powapole cardio2	powapole aerial 1	powapole cardio	StretchN'Flex 45		
4.45pm		powapole cardio	powapole cardio2				
5.15pm	BumsN'Tums 30			STAFF TRAINING			
5.30pm					powapole doubles		
5.45pm	powapole cardio2	BumsN'Tums 15	BumsN'Tums 15	BumsN'Tums 15			
6.00pm		powapole cardio	powapole cardio	powapole aerial2			
6.45pm	BumsN'Tums 15						
7.00pm	powapole aerial3	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 cardio2	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.