



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10.00am						<b>powapole</b> pulse
11.00am						<b>30 minute</b> <b>BumsNTums</b>
11.30am						<b>powapole</b> Practice Session 11.30pm - 12.30pm
12.30pm		<b>powapole</b> tone	<b>powapole</b> 2	<b>30 minute</b> <b>BumsNTums</b>		
4.30pm					<b>powapole</b> Practice Session 4.30pm – 6.00pm	
4.45pm	<b>powapole</b> pulse		<b>powapole</b> tone			
5.15pm		<b>15 minute</b> <b>BumsNTums</b>				
5.30pm		<b>powapole</b> tone		<b>powapole</b> 2		
5.45pm	<b>15 minute</b> <b>BumsNTums</b>		<b>15 minute</b> <b>BumsNTums</b>			
6.00pm	<b>powapole</b> pulse		<b>powapole</b> 2			
6.30pm		<b>powapole</b> 2		<b>15 minute</b> <b>BumsNTums</b>		
6.45pm				<b>powapole</b> aerial		
7.00pm	<b>powapole</b> esteem		<b>powapole</b> aerial2			
7.30pm		<b>15 minute</b> <b>BumsNTums</b>				
7.45pm		<b>powapole</b> pulse		<b>powapole</b> pulse		
8.00pm	<b>15 minute</b> <b>BumsNTums</b>		<b>15 minute</b> <b>BumsNTums</b>			
8.15pm	<b>powapole</b> pulse		<b>powapole</b> tone	<b>15 minute</b> <b>BumsNTums</b>		

Please note:  
8.45pm class

**Note:** 30 minute BumsNTums on Thursday lunch and Saturday mornings are casual classes that any lady is welcome to attend, casual rates for BumsNTums are \$10 per class or \$65 for the 6 week Term, free for members.

Timetable subject to change without notice if deemed necessary.