

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.30am							
7.15am							
9.00am						powapole cardio2	
10.00am						BumsN'Tums 30	
10.30am						powapole cardio	StretchN'Flex45
11.15am							powapole practice
11.30am						powapole practice	
12.30pm		powapole cardio2	powapole aerial 1		StretchN'Flex45		
4.45pm				powapole cardio			
5.15pm	BumsN'Tums 15		BumsN'Tums 30				
5.30pm	powapole cardio						
5.45pm		BumsN'Tums 15	powapole cardio2	BumsN'Tums 15			
6.00pm		powapole cardio		powapole cardio2			
6.30pm	powapole aerial3 90 minutes						
6.45pm			BumsN'Tums 15				
7.00pm		powapole cardio	powapole aerial2	powapole aerial 1			
8.00pm		BumsN'Tums 15	BumsN'Tums 15	BumsN'Tums 15			
8.15pm		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.