

CLASS TIMETABLE

DAY	TIME	CLASSES
MONDAY	10:00 - 11:00	Body Conditioning
	11:00 - 12:00	Aqua Aerobics
	18:00 - 18:30	Mini Aerobics
	18:30 - 19:30	Body Conditioning
TUESDAY	09:30 - 10:30	Ab Fab
	18:00 - 19:00	Callenetics
WEDNESDAY	09:30 - 10:30	Circuit Training
	11:00 - 11:45	Aqua Aerobics
	17:30 - 18:00	Aqua Aerobics
	18:30 - 19:30	Circuit Training
	18:15 - 18:45	Aqua Aerobics
	19:45 - 20:45	Yoga
THURSDAY	09:15 - 10:45	Yoga
	18:00 - 18:45	Legs, Bums & Tums
FRIDAY	09:30 - 10:30	Circuit Training
	11:30 - 12:15	Aqua Aerobics
SATURDAY	09:00 - 10:00	Body Conditioning

CLASS	DESCRIPTION	LEVEL	CALORIES BURNED (approx)
 FITNESS PILATES	A demanding class to help increase core stability and endurance.	All levels	300 - 350
 BODY CONDITIONING	Performance conditioning helpful with sports applications.	All levels	300 - 400
 AQUA AEROBICS	Workout combining movements and water resistance, some classes include water weights.	All levels	200
 MINI AEROBICS	Combining aerobic exercise, stretching and strength training to a rhythmic beat.	Intermediate/ Advanced	350
 KETTLE BELL CARNAGE	A resistance based exercise using kettlebells for all levels	All levels	350 - 600
 AB FAB	30 Minute workout targeting the core and abs.	All levels	200
 CALLENETICS	Using precise positioning to isolate specific muscle groups helping them to work deeper and tone quickly.	Intermediate/ Advanced	185
 PILATES	A demanding class to help increase core stability and endurance.	All levels	300 - 350
 CIRCUIT TRAINING	Variable intensity class using various styles of exercises to increase strength, endurance, and core stability.	All levels	330
 YOGA	Creating balance in the body through developing strength and flexibility.	All levels	300 - 350
 LEGS, BUMS & TUMS	A fun aerobic workout that will burn calories, great for weight loss and will help to increase overall fitness levels.	All levels	250 - 300