

# FEBRUARY 2020



Cardio Fitness



Water Based Work-out



Core Strengthening



Flexibility & Core Strengthening



Strength Training



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>AQUAFIT***30Max</b> 9:00AM-9:45AM <u>Ring in from 8am</u> 	<b>REBOUND &amp; TONE</b> 10AM-10:45AM 	<b>AQUAFIT***30Max</b> 9:00AM-9:45AM <u>RING IN FROM 8AM</u> 	<b>CIRCUITS</b> 10:AM-10:45AM 	<b>AQUAFIT***30</b> 9:00AM-9:45AM <u>Ring in from 8am</u> 	<b>INSTRUCTORS CHOICE</b> 10.45AM-11.45AM 
<b>SPIN &amp; KETTLE - BELLS</b> 10AM-10.45AM 	<b>BOXERCISE***</b> 6.15PM – 7:15PM  <u>PRE-BOOK</u>	<b>INSTRUCTORS CHOICE</b> 10AM-10:45AM 	<b>PURE SPIN</b> 6.15PM-6.45PM <u>PRE-BOOK</u> 	<b>INSTRUCTORS CHOICE</b> 10AM – 10:45AM 	<p><b>PLEASE DO NOT RING BEFORE ASSIGNED TIME WHEN BOOKING CLASSES</b></p> <p><b>Morning Aqua ring @ 8am</b></p> <p><b>Pre Book Classes ring @ 4pm</b></p> <p><b>018356840</b></p> <p><b>MIN OF 4 PEOPLE IN ORDER FOR A CLASS TO GO AHEAD!</b></p> <p><b>MUSIC WILL BE LOUD IN CLASSES TRAINER NEEDS TO RAISE THEIR VOICE</b></p>
<b>PILATES Intermediate</b> 11AM – 11.45AM  <u>SIGN IN***20Max</u>	<b>20,20,20</b> 7.30 8:30PM <u>PRE-BOOK</u> 	<b>PILATES</b> 11AM-11.45AM  <u>SIGN IN***20Max</u>	<b>BOXERCISE***</b> 7PM-8PM <u>PRE-BOOK</u> 	<b>PILATES</b> 11AM –11:45AM  <u>SIGN- IN***20Max</u>	
<b>REBOUNDING</b> 6.15PM-7PM <u>PRE-BOOK</u> 	<p><b>CLASSES WITH *** ARE EXTREMELY BUSY &amp; BOOK OUT QUICKLY.</b></p> <p><b>EARLY SIGN IN IS ESSENTIAL TO GUARANTEE A SPOT</b></p>	<b>SPIN &amp; RIP 60</b> 6PM-7PM <u>PRE-BOOK</u> 	<b>PILATES</b> 8PM-9PM  <u>(SUBJECT TO CHANGE)</u>	<p><b>CLASSES MAY BE CANCELLED AT SHORT NOTICE SO PLEASE FIND US ON FACEBOOK FOR CONSTANT UPDATES</b></p>	
<b>CIRCUITS</b> 7.15PM-8.15PM <u>PRE-BOOK</u> 		<b>AQUAFIT</b> 7.30PM – 8.15PM <u>SIGN-IN</u> 	<p><b>OUR STUDIO CAN BE RENTED.</b></p> <p><b>IF INTERESTED PLEASE CONTACT A MEMBER OF</b></p>		
<b>AQUAFIT</b> 8.15PM-9PM <b>SIGN-IN</b>					