



Class Time Table

Monday

10.15 - 11.15 am	PENNY	CARDIO CONDITIONING	G
10.00 - 10.45 am	ARTI	LADIES ONLY AQUA	G
11.00 - 11.30 am	SARA	L/O SWIMMING LESSONS	B
11.30 - 12.00 am	SARA	L/O SWIMMING LESSONS	G
6.00 - 6.30 pm	STAFF	AB BUSTER	G
6.30 - 7.30 pm	DAIGA	STEP	I
6.45 - 7.30 pm	STAFF	SPINNING	G
7.30 - 8.30 pm	WENDY	BODY CONDITIONING	G
8.30 - 9.30 pm	DAIGA	YOGA	G

Tuesday

10.00-11.00 am	PENNY	PILATES	I
11.00-12.00 am	SARA	BODY CONDITIONING SLIM CLUB	G
6.15-7.15 pm	LEILA	STREET DANCE	G
7.15-8.15 pm	SARA	BODY SCULPT	G/I

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B - BEGINNERS G - GENERAL / ALL I - INTERMEDIATE

PLEASE NOT ALL CLASSES ARE ON A SUBJECT TO CHANGE BASIS.

Wednesday

10.00-10.45 am	PENNY	SPINNING	G
10.00-10.45 am	ARTI	LADIES ONLY AQUA	G
11.00-11.30 am	SARA	L/O SWIMMING LESSONS	B
11.30-12.00 am	SARA	L/O SWIMMING LESSONS	G
6.30-7.30 pm	DAIGA	SALSA/ZUMBA	G
7.30-8.15 pm	STAFF	SPINNING	G
7.30-8.30 pm	SARA	LBT	G
8.30-9.30 pm	PENNY	PILATES	G

Thursday

10.00-11.00 am	DAIGA	YOGA	G
6.15 - 7.00 pm	WENDY	AQUA	G
6.00 - 7.00 pm	KHURRAM	KICK BOXING/SELF DEFENCE	G
7.00 - 8.00 pm	WENDY	BOXERCISE	G
8.15 - 9.15 pm	BINAL	BOLLYWOOD DANCING	G

Friday

10.00 - 10.45 am	PENNY	LADIES ONLY AQUA	G
11.00 - 12.00 am	PENNY	STRETCH & TONE	G
6.00 - 6.30 pm	STAFF	AB BUSTER	G
6.45 - 7.30 pm	STAFF	SPINNING	G

Saturday

10.00-11.00 am	PAULINE	WEEKEND WAKEUP	G
10:30 - 11:30 am	HEMA	SWIMMING LESSONS MIXED	
11.00 - 12.00 am	PAULINE	PILATES ON THE BALL	I
12.15 - 1.15 pm	PENNY	LATIN AEROBICS	G

Sunday

10.15 - 11.15 am	DAVID	TAI CHI	G
10.30 - 11.15 am	PENNY	AQUA	G
11.15 - 12.00 am	PENNY	SPINNING	G
12.00 - 1.00 pm	BINAL	BOLLYWOOD DANCING	G

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