



FULLY SUPERVISED CHILDMINDING

Mornings:

Monday to Friday 9am to 11am

Saturday 8am to 11am

Afternoons:

Monday to Thursday 4:30pm to 6:30pm

1Hr Sessions \$3

Packages available *bookings required

Group Fitness Timetable

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5.15am		LES MILLS GRIT CARLA - 30mins			LES MILLS GRIT CARLA - 30mins	
5.30am	LES MILLS BODYPUMP KEZ - 45mins		LES MILLS BODYPUMP KEZ - 45mins	FFIT CASSY - 45 mins		
5.45am		LES MILLS RPM EMMA - 45mins			LES MILLS RPM EMMA - 45mins	
8.00am						LES MILLS BODYPUMP KEZ - 55mins
8.15am						LES MILLS RPM BEC - 45mins
9.00am	LES MILLS BODYPUMP SANDRA - 55mins	HIT SHARON - 45mins	LES MILLS BODYPUMP BEC - 55mins	FFIT CASSY - 45 mins	HIT SHARON - 45mins	STRONG NATION SONIA - 55mins
10.00am						LES MILLS BODYBALANCE SANDRA - 55mins
Afternoon						Sunday
4.30pm						XTREME HIP-HOP & STEP SONIA - 55mins
5.00pm	LES MILLS BODYPUMP KEZ - 55mins			SOULPT DANIEL - 55 mins		
5.15pm			LES MILLS BODYPUMP BROOKE - 55mins			
5.30pm		BOXING PAUL - 55mins				
6:00pm	LES MILLS RPM ADAM - 45mins		LES MILLS RPM ADAM - 45mins			
6.00pm	LES MILLS BODYBALANCE TANIA - 55mins			YOGA HOLLY - 55mins		
6:30pm		YOGA KATHY - 45mins				

NB: Class times are on an initial trial and classes and instructors may be changed depending on attendance numbers