



FULLY SUPERVISED CHILDMINDING

Mornings:

Monday to Friday 9am to 11am

Saturday 8am to 11am

Afternoons:

Monday to Thurs 4.30pm to 6.30pm

1Hr Sessions \$3

Packages available *bookings required

GROUP FITNESS TIMETABLE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5.45am	LES MILLS BODYPUMP PRISCILLA	LES MILLS RPM TIM	LES MILLS BODYPUMP PRISCILLA	LES MILLS RPM PRISCILLA		
6.00am	HIT ADRIANA	BOXING TROY	HIT ADRIANA	CARDIO KICKBOXING TROY	HIT MEL	
8.00am						LES MILLS RPM PRISCILLA
						FFIT ADRIANA
9.00am	BOXING TROY	LES MILLS BODYPUMP JENNY	CARDIO KICKBOXING TROY	LES MILLS BODYPUMP JENNY		LES MILLS BODYPUMP JUSTIN
10.00am		LES MILLS RPM JENNY		LES MILLS RPM JENNY		YOGA STACEY
4.30pm	LES MILLS BODYBALANCE IRINA	YOGA YURI				
5.30pm	LES MILLS BODYPUMP JUSTIN		LES MILLS BODYPUMP FIONA	YOGA MATT		
	LES MILLS RPM TIM		LES MILLS RPM ALINA			

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