



**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	<b>LES MILLS BODYPUMP</b> PRISCILLA	<b>LES MILLS RPM</b> GEMMA	<b>LES MILLS BODYPUMP</b> PRISCILLA	<b>LES MILLS RPM</b> PRISCILLA		
6.00am	<b>HIT</b> COURTNEY	<b>FFIT</b> MADDY	<b>HIT</b> ADRIANA	<b>FFIT</b> MADDY	<b>HIT</b> COURTNEY	
						<b>LES MILLS GRIT</b> JUSTIN
8.00am						<b>LES MILLS RPM</b> PRISCILLA
						<b>FFIT</b> ADRIANA
8.45am						<b>LES MILLS BODYPUMP</b> JUSTIN
9.00am	<b>FFIT</b> MADDY	<b>LES MILLS BODYPUMP</b> JENNY	<b>FFIT</b> MADDY	<b>LES MILLS BODYPUMP</b> JENNY	<b>HIT</b> COURTNEY	
10.00am		<b>LES MILLS RPM</b> JENNY		<b>LES MILLS RPM</b> JENNY		<b>YOGA</b> STACEY
4.30pm		<b>YOGA</b> YURI				
5.30pm	<b>LES MILLS GRIT</b> MASAKO	<b>LES MILLS BODYPUMP</b> JUSTIN		<b>YOGA</b> MATT	<b>XTREME HIP-HOP WITH GSTEP</b>	
	<b>LES MILLS RPM</b> TIM		<b>LES MILLS RPM</b> ALINA			

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