



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 RPM GEMMA	LES MILLS BODYPUMP PRISCILLA	YOGA GEMMA	LES MILLS BODYPUMP PRISCILLA	LES MILLS RPM PRISCILLA	
6.00am	HIT ADRIANA		HIT ADRIANA		HIT MEL	
8.00am						LES MILLS RPM PRISCILLA FFIT ADRIANA
8.45am						LES MILLS BODYPUMP JUSTIN
9.00am	FFIT MADDY	LES MILLS BODYPUMP JENNY	FFIT MADDY	LES MILLS BODYPUMP JENNY	HIT MEL	
10.00am		LES MILLS RPM JENNY		LES MILLS RPM JENNY		YOGA STACEY
4.30pm		YOGA YURI				
5.30pm	LES MILLS GRIT MASAKO LES MILLS RPM TIM	LES MILLS BODYPUMP JUSTIN	LES MILLS BODYPUMP FIONA LES MILLS RPM ALINA	YOGA MATT	XTREME HIP-HOP WITH GSTEP	
6.00pm	LES MILLS BODYBALANCE IRINA					

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