



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early Morning	Yoga 06:15-07:15 with Dionne	Yoga 06:15-07:15 with Dionne		Yoga 06:15-07:15 with Dionne			
Mid Morning				Pilates Beginner/Int 9:10-10:10 with Fiona		Circuit Training 09:00-10:00 with Anne	
Late Morning	Yoga 10:00-11:00 with Dionne	Yoga 10:00-11:00 with Dionne	Ladies Karatecise (karate/exercise) 10:00-11:00 with Steve	Pilates Beginner/Int 10:20-11:20 with Fiona	Yoga 10:00-11:00am with Dionne	Not Available 10:15-11:15	Yoga 10:00-11:00 with Naz
Late Morning / Lunchtime		Post Natal Yoga 11:15-12:30 with Marianne		Pilates Beginner/Int 11:30-12:30 with Fiona		Yoga 11:30-13:30 with Dionne *first Saturday of each month	
Afternoon		Kids Ballet & Street Dance 16:00-17:00		Kids Karate 15:45-16:45 with Steve			
Late Afternoon				Modern Dance 12-18ys 17:10-17:55			
Early Evening	"Love Lift" Ladies Workout 19:00-19:50 with Nicole & Frankie	Pregnancy Yoga 19:00-20:30 with Marianne	Not Available 18:45-19:45	Pilates Intermediate 18:45-19:45 with Jo			
Evening	Trampoline Fit 20:00-21:00 with Andrea		Yoga 20:00-21:00 with Naz	Pilates Beginner/Int 20:00-21:00 with Fiona			