

	Morning	Afternoon
Monday	9.00am to 10.10am YOGA (Ms. Jan) 10:30am to 11:30am BODY PUMP (Ms Ingrid)	6.00 pm to 7.00 pm ZUMBA (Ms. Lorelei)
Tuesday	9.00am to 10.10am YOGA (Ms. Jan)	6.00 pm to 7.10 pm YOGA (Ms. Jan)
Wednesday	9:30am to 10:30am BODY PUMP (Ms. Ingrid)	6.00 pm to 7.00 pm H.I.I.T. (High Intensity Interval Training) (Ms. Lorelei)
Thursday	9.00 am to 10.00 am PILATES (Ms. Lorelei)	6.00 pm to 7.00 pm PILATES (Ms. Lorelei)
Friday	9.00 am to 10.00 am YIN YOGA (Ms. Jan)	6.00 pm to 7.00 pm ZUMBA (Ms. Lorelei)
Saturday	9.00 am to 10.00 am ZUMBA (Ms. Lorelei) 10:30am to 11.30am BODY PUMP (Ms.Ingrid)	
Sunday	9.30 am to 10.30 am PILATES (Ms. Lorelei)	