

TIMETABLE – FEBRUARY 2012

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:15am			Group Fitness Training <i>Tash</i>		Group Fitness Training <i>Tash</i>	
7:00am		Premium members: Fitness/Health Assessments 2 nd & 4 th Tuesday of every month <i>Tash</i>		Ultimate Conditioning Class <i>Sam</i>		
7:30am			Group Fitness Training <i>Tash</i>		Group Fitness Training <i>Tash</i>	
7:45am				Ultimate Conditioning Class <i>Sam</i>		
9:30am			Mum's & Bubs Tiny tots Dance* <i>Coming Soon</i>		New Mum's Fitness & Nutrition Group* <i>Coming Soon</i>	PRE DANCE* (3-4.5yrs)
10:30am						JAZZ & BALLE* (5-7yrs)
11:15am						TRANSITION DANCE** (4-5yrs)
1:00pm						JAZZ & BALLE* (8-11yrs)
2:00pm						YOUTH HIP HOP* (12yrs & over)
3:00pm						YOUTH JAZZ & BALLE* (12yrs & over)
6:00pm						
6:15pm	BOXING CARDIO	ZUMBA®	6pm YOGA DANCE <i>Open level</i> (75mins)	ZUMBA® <i>FOR FEBRUARY ONLY</i>		
6:30pm						
7:15pm	BALLET SCULPT (aka CORE & FLEXIBILITY) <i>Starts 27th Feb</i>					
7:30pm				NEW DANCE & FITNESS CLASS <i>Starts in March</i>		**NO CLASSES ON PUBLIC HOLIDAYS

*Some classes require registration whilst other classes are drop-in classes. For further information please contact the studio. Classes may be cancelled without notice due to instructor illness or insufficient enrolments.