

Group Fitness Timetable

Time	MONDAY	Instructor
8:15am	Tai Chi Qi Gong	Michael
9:15am	Light Pace	Dave
6:30pm	Body Pump	Jesmond
Time	TUESDAY	Instructor
9:00am	Body Pump	Claire
6:30pm	Hatha Yoga	Mary
6:30pm	RPM	Dawn
Time	WEDNESDAY	Instructor
9:15am	Easy Movers	Pepita
9:15am	Iyengar Yoga	Tan
6:30pm	Body Balance	Claire
6:30pm	Body Pump	Louise
7:00pm	RPM	Samantha
Time	THURSDAY	Instructor
8:00am	Restorative Yoga	Arran
6:30pm	Yin Yoga	Arran
7:00pm	Pilates	Vanessa
Time	FRIDAY	Instructor
8:15am	Lite Pace Fitness	Rodney
9:15am	Tai Chi Qi Gong	Michael
6:00pm	Pilates	Vanessa
6:00pm	RPM	Samantha
Time	SATURDAY	Instructor
8:30am	Hatha Yoga	Janey
8:30am	Body Step	Gina
9:30am	Body Pump	Louise
Time	SUNDAY	Instructor
9:30am	Masala Bhanngra	Shani

