

















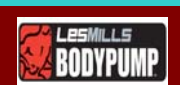






# March/April 2010 INDOOR STUDIO CLASSES

T & D	Sunday	Monday	Tuesday	Wednesday	Thursday	T & D	Friday	Saturday
06:00		CORE SCULPT				07:30		
06:30						08:00		
07:00	CORE YOGILATES		CORE SPIN			08:30	FITNESS TEST 8.30- 9.30AM 1st Friday of the month only	
07:30						09:00		
08:00						09:30	CORE SPIN	
08:30		CORE BELLY DANCE		CORE SPIN		10:00		
09:00						10:30		
09:30		CORE STEP	CORE YOGILATES			11:00		CORE YOGILATES
10:00		PURE FITNESS		PURE FITNESS	CORE YOGILATES	11:30		
10:30		SIMPLY MUM Post Natal		BLOOMING FIT Anti Natal		12:00		
11:00						12:30		
17:30				CORE PILATES		17:30		
18:00						18:00		
18:30	CORE STEP					18:30		CORE SPIN
19:00						19:00		
19:30		CORE SPIN	CORE SCULPT			19:30		
20:00						20:00		
20:30		CORE YOGILATES	CORE STEP	CORE RAVE	CORE SPIN	20:30		
21:00						21:00		
21:30				CORE YOGILATES		21:30		
22:00						22:00		

# OUTDOOR MARINA WALK CLASSES

T & D	Sunday	Monday	Tuesday	Wednesday	Thursday	T & D	Friday	Saturday
06:00	CORE BOOTCAMP		CORE BOOTCAMP		CORE BOOTCAMP	08:30	CORE BOOTCAMP	
06:30						09:00		
						10:30		CORE SLIMMERS
						11:00		
19:00		CORE RUNNERS				19:00		
19:30	CORE PILATES		CORE YOGA			19:30		
20:00		CORE BOOTCAMP		CORE BOOTCAMP		20:00		
20:30						20:30		



## BOOKING LINES

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