

GROUP FITNESS TIMETABLE FOR WEEK OF 16TH JANUARY 2012

Date	Classes & Times		
Monday 16th	Body Pump 9:20 am	Chi-Ball 10:30 am	Cycle 6:30 pm
Wednesday 18th	Energise & Tone 6:00 am	Tummy Hips & Thighs 9:20 am	-
Friday 19th	Cycle 9:20 am	-	-

CLASSES RESUME AS NORMAL FROM MONDAY 23RD JANUARY