



## QUAD CLUB CLASSES TIMETABLE

Monday		
9:15am – 10:00am	Aqua	Jacky Tombs
9:30am – 10:30am	Pilates	Sally Kitching
11:00am – 12:00pm	Pilates	Tracy Thomas

Wednesday		
9:00am – 10:00am	Pilates	Sally Kitching
2:00pm – 3:00pm	Yogalates	Elaine Smith
7:00pm – 7:45pm	Indoor Cycling	Jacky Tombs

Friday		
9:30am – 10:30am	Pilates	Sally Kitching
10:30am – 11:15am	Yoga	Marika Thomson
11:30pm – 12:30pm	Fitsteps	Frankie Patterson

Tuesday		
9:00am – 10:00am	Fitsteps	Frankie Patterson
11:00am – 12:00pm	Pilates	Sally Kitching
1:30pm – 2:15pm	HIIT Basic	Quad Team
6:00pm – 7:00pm	Pilates	Tracy Thomas

Thursday		
9:15am – 10:00am	Aqua	Rachel Dredge
11:00am – 12:00pm	Pilates	Tracy Thomas
1:30pm – 2:15pm	HIIT Intermediate	Quad Team
6:30pm – 7:30pm	Pilates	Quad Team

Saturday		
9:30am – 10:15am	Indoor Cycling	Jacky Tombs