



## 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 |