



## 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 – 9:45am	Aqua	Jacky Tombs
9:00am – 10:00am	Pilates	Sally Kitching
2:00pm – 3:00pm	Pilates	Fran Presho
7:00pm – 7:45pm	Indoor Cycling	Jacky Tombs

Friday		
9:15am – 10:15am	Pilates	Sally Kitching
10:15am – 11:15am	Pilates	Sally Kitching
11:15pm – 12:15pm	Fitsteps	Fran Patterson

Tuesday		
9:00am – 10:00am	Fitsteps	Fran Patterson
11:00am – 12:00pm	Pilates	Cheryl Mould
6:00pm – 7:00pm	Pilates	Tracy Thomas

Thursday		
9:15am – 10:00am	Aqua	Rachael Drege
11:00am – 12:00pm	Pilates	Tracy Thomas
6:30pm – 7:30pm	Pilates	Cheryl Mould

Saturday		
9:30am – 10:45am	Indoor Cycling	Jacky Tombs