



## AEROBIC TIMETABLE

### MONDAY

09.15 - 10.00	Aqua	Jacky
09.30 - 10.30	Pilates	Sally
11.00 - 12.00	Pilates	Tracy

### TUESDAY

09.00 - 10.00	Fitsteps	Frankie
11.00 - 12.00	Pilates	Cheryl
18.30 - 19.30	Pilates	Tracy

### WEDNESDAY

09.00 - 09.45	Aqua	Jacky
09.00 - 10.00	Pilates	Sally
11.15 - 12.30	Yoga	Julie
14.00 - 15.00	Pilates	Fran
19.00 - 19.45	Spinning	Jacky

### THURSDAY

08.45 - 09.45	Fitsteps	Frankie
09.15 - 10.00	Aqua	Rachel
09.45 - 11.00	Yoga	Evie
11.00 - 12.00	Pilates	Tracy
18.30 - 19.30	Pilates	Annabelle

### FRIDAY

09.15 - 10.15	Pilates	Sally
10.15 - 11.15	Pilates	Sally
11.15 - 12.15	Fitsteps	Frankie

### SATURDAY

09:30 - 10.15	Spinning	Jacky
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<span style="display: inline-block; width: 15px; height: 15px; background-color: #c4c400; border: 1px solid black;"></span> Aqua	<span style="display: inline-block; width: 15px; height: 15px; background-color: #800040; border: 1px solid black;"></span> Spinning
<span style="display: inline-block; width: 15px; height: 15px; background-color: #e67e22; border: 1px solid black;"></span> Fitsteps	<span style="display: inline-block; width: 15px; height: 15px; background-color: #008080; border: 1px solid black;"></span> Yoga
<span style="display: inline-block; width: 15px; height: 15px; background-color: #a52a2a; border: 1px solid black;"></span> Pilates	