

# CLASS TIMETABLE

## MONDAY

Time	Class	Room	Instructor
18.00 - 18.45	Studio Cycling	Community	Karen

## TUESDAY

Time	Class	Room	Instructor
19.30 - 20.30	Pilates	Dance	Dave

## WEDNESDAY

Time	Class	Room	Instructor
18.00 - 19.00	Yoga	Dance	Laura

## THURSDAY

Time	Class	Room	Instructor
09.30 - 10.30	Re-Ffit Strength & Balance	Community	Matt
10.30- 11.30	Stroke Rehabilitation	Community	Matt
12.00 - 12.45	Simply Active	Community	Craig
19.30 - 20.30	Pilates	Dance	Dave

## SATURDAY

Time	Class	Room	Instructor
10.30 - 11.30	Yoga	Dance	Laura