



# CLASS TIMETABLE

(August 2025)

Time	Monday	Tuesday	Wednesday	Thursday	Friday
<b>6:30am</b>	<b>Yoga</b> (8 people, 30 mins)				<b>Yoga</b> (8 people, 30 mins)
<b>9:30am</b>	<b>Total Tone</b> (10 people, 30 mins)	<b>Mobility</b> (10 people, 30 mins)	<b>Stretch &amp; Balance</b> (10 people, 30 mins)	<b>Light Resistance</b> (10 people, 30 mins)	<b>Step Aerobic</b> (7 people, 30 mins)
<b>10:15am</b>	<b>Mobility</b> (10 people, 30 mins)	<b>Aerobic Dance</b> (10 people, 30 min)	<b>Aerobic Dance</b> (10 people, 30 min)	<b>Mobility Plus</b> (10 people, 30 mins)	<b>Chair Yoga</b> (10 people, 30 mins)
<b>11.15am</b>	<b>Aqua Aerobics</b> (17 people, 30 mins)	<b>Aqua Aerobics</b> (17 people, 30 mins)	<b>Aqua Aerobics</b> (17 people, 30 mins)	<b>Aqua Aerobics</b> (17 people, 30 mins)	<b>Aqua Aerobics</b> (17 people, 30 mins)
<b>6.00pm</b>	<b>Aerobic Dance</b> (10 people, 30 min)	<b>Bums &amp; Tums</b> (10 people, 30 mins)	<b>Spin</b> (10 people, 30 mins)	<b>Step Aerobics</b> (7 people, 30 mins )	
<b>6.45pm</b>	<b>Boxing</b> (10 people, 30 mins)	<b>Yoga-Lates</b> (8 people, 45 mins)	<b>Pump</b> (10 people, 30 mins)	<b>Bootcamp</b> (10 people, 30 min)	
<b>7.30pm</b>	<b>Aqua Aerobics</b> (17 people, 30 mins)	<b>Aqua Aerobics</b> (17 people, 30 mins)	<b>Aqua Aerobics</b> (17 people, 30 mins)	<b>Aqua Aerobics</b> (17 people, 30 mins)	