



GROUP FITNESS TIMETABLE



Effective from Monday 30th August 2010

Phone 3273 2978

	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
M O R N I N G	6:00am	SAM	JULIANA	PAULA	ELSIE	PAULA	
	8:00am						DEAN
	9:00am	AMY / MEL R	BoxFIT TARRAN	KAREN	MELISSA R	MELISSA R	AMY
	9:30am	30min CIRCUIT LADIES ONLY AMY	30min CIRCUIT LADIES ONLY AMY	30min CIRCUIT LADIES ONLY MEL R	30min CIRCUIT LADIES ONLY AMY	30min CIRCUIT LADIES ONLY TARRAN	
	10:00am	MEL R & HELO	ABS, BUTTS & THIGHS MEL R / AMY	KAREN	MELISSA R	PILATES KATE	JESSICA
	11:00am				MEL & HELO		
E V E N I N G	4:00pm	KIDS GYM 10-12 yrs REBECCA	Lil Starz 4 - 7 HELO		1hr Silat Junior Martial Arts MARIE		MEL R / HELO / JULIANNA / KAREN
	4:35pm		Big Starz 8 - 12 HELO				
	5:20pm	MEL R & CARSON	TODD	MEL R / AMY	CARSON	CHRIS	
	6:00pm	30min CIRCUIT LADIES ONLY AMY	30min CIRCUIT LADIES ONLY CHRIS	30min CIRCUIT LADIES ONLY HEIDI	CHRIS		
	6:25pm	DEAN	PAULA	MARTINA			
		MEL R & CARSON	TODD	MELISSA R	BoxFIT TARRAN	CHRIS	
	7:30pm	ABS, BUTTS & THIGHS MEL R / AMY	TODD	ABS, BUTTS & THIGHS MEL R / AMY	MEL & HELO	MEL & HELO	
8:30pm		MEL & HELO					

AQUA CLASSES

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
9:35am	AQUA HEIDI	DEEP WATER AQUA HEIDI	AQUA HEIDI	DEEP WATER AQUA HEIDI		
10:30am		WATER WALKING SHARON		WATER WALKING SHARON		
11:00am					AQUA EVA	
1:00pm	GENTLE AQUA HEIDI		GENTLE AQUA HEIDI			
6:35pm	AQUA JULIE	AQUA CHRIS	AQUA HEIDI			
7:00pm				AQUA CHRIS		

Did you know you can access the group fitness timetable online

www.ajsportscentre.com.au