

TERM 1 FITNESS CLASS TIMETABLE ST LUKES SPORTS CENTRE

22nd September - 14th December

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BODY BLAST 12:15-13:00 Chris Dance Studio	RIDE 12:30-13:15 Chris Upper Gym	RIDE 17:00-17:45 Chris K Upper Hall	CORE 13:00-13:45 Will Upper Hall	BODY BLAST 07:15-08:00 Will Dance Studio
PILATES 13:15-14:00 Emily A Dance Studio	FLOATFIT 18:45-19:30 Chris SL Pool	CIRCUITS 18:00-19:00 Chris K Upper Hall	YOGA 17:30-18:15 Zoe Dance Studio	AQUA FIT 10:00-10:45 Will Indoor Pool
YOGA 18:00-19:00 Charlotte Dance Studio		PILATES 18:30-19:15 Emily Dance Studio		BODY BALANCE 19:00-19:45 Zoe Dance Studio

