

AUGUST EXERCISE CLASS TIMETABLE



Monday			Teacher	Venue	Capacity
10:00 - 11:00	●	HIIT	Nathaniel	Pitch 11	20
Tuesday					
18:00 - 18:50	●	Barre	Paula	Exercise Studio	15
Wednesday					
19:30 - 20:45	▲	Yoga (Mixed)	Mark	TBSG Hall	15
Thursday					
09:00 - 10:00	●	Legs, Bums and Tums	Paula	Pitch 11	15
Friday					
10:00 - 11:00	●	HIIT	Nathaniel	Pitch 11	20
Saturday					
11:45 - 12:30	▲	Guest Yoga (apart from 14 Aug)	Alison	Club Room	10
Sunday					
10:00 - 11:00	◆	Salsa Aerobics	Orlene	Exercise Studio	15