

Fitness Classes Timetable 2012

**SPRINKLE JOY
FROM HEAD TO TOE**



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7am			Sunrise				
10am	Body Sculpt	Spin	Zumba	Zumba Body Sculpt	Aqua Spin		
12pm	Aqua (Active Retirement)	Cardiac Rehab	Aqua '55				
2pm						Spinmania	Spinmania
6pm	X-press Spin (30 mins)	Spin & Abs	Ab Attack	Spin	Disco Spin		
7pm	Zumba B.L.T.	Body Sculpt	Spin	Spin & Sculpt	Spin & Sculpt		
8pm	Aqua Spinmania	Zumba Spin	Step & Sculpt	Boot Circuits			