



Adult Fitness Classes

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----------------------------|-----------------------------------|----------------------------|------------------------|----------------------------|---------------------------|
| 6am Mat Pilates | | 6am Mat Pilates | | 6am Program Pilates | |
| 6am Program Pilates | | 6am Program Pilates | | 7am Circuit Pilates | |
| | | | | 8am Program Pilates | 7:30am Program Pilates |
| 8:15 Beginner Pilates | 8:45am Circuit Pilates | | | | 8:30am Program Pilates |
| 9am Adult Tap | 9am Dance Exercise | 9am Beginner Pilates | 9am Gentle Ballet | 10am Dance Exercise | 9:30am Program Pilates |
| 10:30am Program Pilates | 9:45am Beginner Pilates | 10:30am Program Pilates | 10am Dance Exercise | 10:30am Program Pilates | |
| | 10:30am Program Pilates | 11:30am Program Pilates | | 11:30am Program Pilates | |
| | 11am Dance for Brain Health | | | | |
| | | | 6:30pm Adult Ballet | 5:30pm Salsa | |

Australian Physio Pilates Institute Trained Instructor
Royal Academy of Dance Instructor