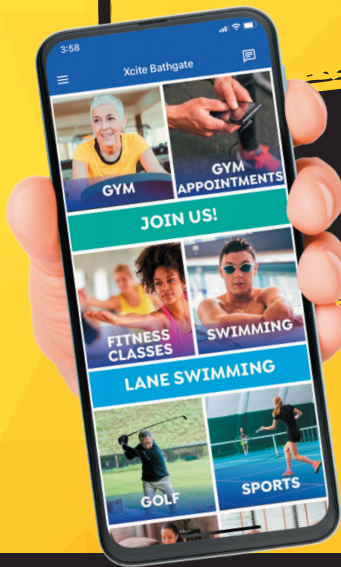


FITNESS CLASS TIMETABLE

Day	Time	Class	Location	Day	Time	Class	Location
Monday	09.00 - 09.45	Xcite Aquafit	Pool	Thursday	13.00 - 13.45	Xcite Gentle Exercise	Studio 1
	17.35 - 18.20	Body Attack	Studio 1		14.00 - 14.45	Paracise	Studio 1
	18.30 - 19.00	Xcite Core	Studio 1		17.25 - 18.10	Body Combat	Studio 1
	19.05 - 19.35	Xcite Functional Training	Studio 1		18.15 - 19.05	Body Attack	Studio 1
	19.45 - 20.45	Body Balance	Studio 1	Friday	08.10 - 08.55	Xcite Aquafit	Pool
Tuesday	09.20 - 10.05	Xcite Sculpt	Studio 1		09.20 - 10.05	Xcite Fit	Studio 1
	10.10 - 10.55	Body Pump	Studio 1		10.10 - 10.55	Body Step Athletic	Studio 1
	17.15 - 17.45	Hiit Class	Studio 1		11.10 - 11.55	Fitness Pilates	Studio 1
	18.00 - 18.45	Xcite Sculpt	Studio 1		17.20 - 17.50	Xcite Fit	Studio 1
	19.00 - 19.45	Body Pump	Studio 1	Saturday	09.05 - 09.35	Kettlercise	Studio 1
Wednesday	09.20 - 10.05	Xcite Sculpt	Studio 1		09.40 - 10.10	Fitness Pilates	Studio 1
	10.10 - 10.55	Body Pump	Studio 1		10.20 - 11.05	Body Pump	Studio 1
	11.05 - 11.50	Xcite Gentle Exercise	Studio 1	Sunday	09.30 - 10.30	Body Step Athletic	Studio 1
	17.40 - 17.25	Body Attack	Studio 1				
	18.30 - 19.15	Aqua Zumba	Pool				
18.30 - 19.15	Body Pump	Studio 1					



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