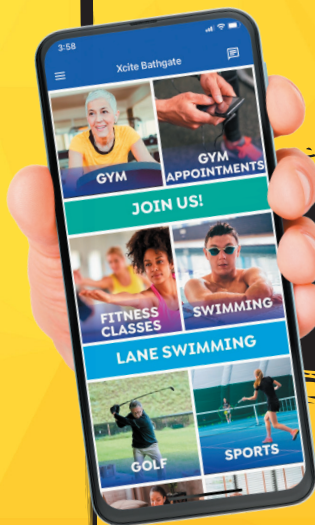


FITNESS CLASS TIMETABLE

Day	Time	Class	Location	Day	Time	Class	Location
Monday	09.15 - 09.45	Xcite Gentle Exercise	Studio	Thursday	09.00 - 10.00	Xcite Yoga: Vinyasa	Studio
	09.00 - 9.45	Xcite Aquafit	Pool		09.00 - 09.45	Xcite Aquafit	Pool
	10.00 - 10.45	Xcite Aquafit	Pool		10.10 - 10.55	Xcite Circuits	Studio
	10.00 - 11.00	Body Pump	Studio		11.05 - 11.50	TRX Suspension	Studio
	11.10 - 11.55	Body Balance	Studio		17.10 - 17.55	Zumba	Studio
	17.30 - 18.30	Body Pump	Studio		18.00 - 18.45	Body Attack	Studio
	19.20 - 20.05	Kettlercise	Studio		Friday	09.15 - 09.45	Xcite Gentle Exercise
20.15 - 21.15	Xcite Box: Queenax	Studio	09.00 - 09.45	Xcite Aquafit		Pool	
Tuesday	09.00 - 9.45	Aqua Zumba	Pool	10.15 - 11.00		Xcite Fit	Studio
	09.30 - 10.15	Body Attack	Studio	18.15 - 19.00		Paracise	Studio
	10.20 - 11.05	Body Balance	Studio	Saturday	09.05 - 09.50	Aerial Yoga: Strength	Studio
	11.15 - 12.00	Body Pump	Studio		09.55 - 10.40	Aerial Yoga: Stretch	Studio
	14.00 - 14.45	Paracise	Studio		10.45 - 11.30	Aerial Yoga: Relaxation	Studio
	17.30 - 18.30	Xcite Yoga: Vinyasa	Studio	Sunday	10.30 - 11.30	Body Pump	Studio
	19.00 - 19.45	Body Step	Studio				

Wednesday	09.00 - 09.45	Aqua Zumba	Pool
	09.30 - 10.15	Body Attack	Studio
	10.20 - 11.05	Kettlercise	Studio
	11.15 - 11.45	Xcite Core	Studio
	18.15 - 19.15	Xcite Circuits: Queenax	Studio
	19.20 - 20.20	Xcite Yoga: Seasonal	Studio



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