

Class Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9am							
9.30am	Basic Aerobics 9.30-10.30am						
10am			Supple Strength 10.00-10.45	Basic Aerobics 9.30am - 10.15am		Hatha Yoga 9am - 10am	
10.30am				Yoga 10.15- 11.00am		Total Body Aerobics 10-11am	
11am			Pilates 10.45am - 11.45am		Legs, Bums and Tums 11.00am - 11.45am	Body Boot Camp 11am - 12pm	Circuits 10.30am - 11.30am
11.30am					Pilates 11.45am - 12.30pm		
12pm		Learn Golf on the Range 12.00- 12.45pm					
12.30pm	Spin 12.30- 1.00pm			Spin 12.30- 1.00pm			
5.30pm	Beginners Spin 5.30pm - 6pm			Beginners Spin 5.30pm - 6pm			
6.00pm	Core Ball Conditioning 6- 6.45pm	AbSession 6- 6.30pm	All Over Body Workout 6.00- 6.45pm				
6.30pm		Legs Bums n Tums 6.30- 7.15pm		Basic Aerobics 6.15-7.00pm	Spin 6-6.45		
7pm	Step 6.45-7.30pm	Pump n Tone 7.15 8.00pm	Hatha Yoga 6.45- 7.45pm	Sculpt 7.00pm - 7.45pm			
7.30pm	Pilates 7.30- 8.15pm			Core and Stretch 7.45-8.30pm			
8pm							
8.30pm		Spin 8.00-8.45pm					
9pm							

- Dianne
- Elle
- Janis
- Lisa
- Karen
- Martina
- Michele
- Myra
- Gym Team
- Golf Pros



CHESFIELD DOWNS
GOLF & COUNTRY CLUB