

# New Summer Timetable

Cnr North Rd & The Strand  
Williamstown  
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OPENING HOURS:  
Mon - Thur 6.00am - 10.00pm  
Fri - 6:00am - 9:00pm  
Sat - Sun 8.00am - 6.00pm

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.15am	Circuit 45 Michael	LBC 30 Nedeen	REV 45 Tim	50/50 30 Nedeen	REV 45 Tim		
6.45am		STEP 30 Nedeen		LBC 30 Nedeen			
9.00am							POWERFIT 45 Tracey
9.15am	POWERFIT 60 Kim	X55 60 Kim	LBC 30 Nedeen	INTERVAL 60 Nedeen	HI LO 30 Nedeen	HI LO 60 Nedeen Yoga 60 REV 45 Leah	REV 45 Trainer
9.45am			STEP 30 Nedeen REV 45 Tim		LBC 30 Nedeen		Zumba 60 Tracey
10.15am	ZUMBA 60 Josie	REV 45 Kim	FAT BURNER 30 Nedeen	Zumba 60 STRETCH & STRENGTHEN 60 (BsktBill Crt) Harley	REV 45 Nedeen	ZUMBA 60 Narelle LBC 60 Nedeen	BOXERCISE 60 Barry/Gavin
10.45am							
11.00am				YOGA 60 Ruth			
11.15am							
11.30am	YOGA 60 Ruth REV 45 Leah						
5.30pm							
6.00pm	BEGINNERS GO LO 30 Nedeen	POWERFIT 60 Kim REV 45 Tim	BEGINNERS STEP 30 Nedeen BOXERCISE 60 Barry	ZUMBA 60 Narelle REV 45 Trainer	Circuit 45		
6.15pm	BOXERCISE 60 Barry						
6.30pm	STEP 60 Nedeen		LBC 30 Nedeen		YOGA 60 Ruth		
7.00pm		PILATES 60 Sue CIRCUIT 60 Kim	HI LO 30 Nedeen	PILATES 60 Sue			
7.30pm	LBC 60 Nedeen		THT 30 Nedeen				
8.00pm	YOGA 60 Ruth		YOGA 60 Mary-Ellen				

Please bring a towel and water bottle to each class, thank you!