











# CLASS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
		<b>YOGA</b> 10AM - 11AM 	
<b>AQUA AEROBICS</b> 1PM - 2PM 	<b>PILATES</b> 11AM - 12PM 	<b>YOGA</b> 11.15AM - 12.15PM 	
<b>YOGA</b> 2PM - 3PM 			
	<b>CONDITIONING</b> 5PM - 6PM  	<b>STRENGTH &amp; TONE</b> 6PM - 7PM  	<b>AQUA AEROBICS</b> 6PM - 7PM 

 MODERATE   INTERMEDIATE