



# Quality Living Class Timetable

| <u>Day</u> | <u>Class</u>           | <u>Time</u>   | <u>Type</u>             | <u>Level</u> | <u>Instructor</u> |
|------------|------------------------|---------------|-------------------------|--------------|-------------------|
| Mon        | Monday Mayhem!         | 9.30 – 10.30  | Aerobics                | A            | KERRY             |
|            | Smooth Moves           | 11.00 – 12.00 | Stretch & Tone          | B            | IAN               |
|            | Tai Chi                | 3.00 – 4.30   | Martial Arts            | B            | PHILLIPA          |
|            | Body Sculpt            | 6.00 – 7.00   | Circuits Based          | I            | EMMA              |
|            | Weights Class          | 7.00 – 8.00   | Endurance using Weights | A            | EMMA              |
| Tue        | Over 50's              | 9.30 - 10.30  | Aerobics                | B            | GAIL              |
|            | Yoga                   | 11.00 – 12.30 | Yoga                    | I            | AUDREY            |
|            | Beginners Pilate's     | 12.30 – 1.30  | Pilate's                | B            | GAIL              |
|            | Martial Arts*          | 4.00 – 5.00   | Martial Arts*           | B            | LUKE              |
|            | Martial Arts*          | 5.00 – 6.00   | Martial Arts*           | I            | LUKE              |
|            | Step Aerobics          | 6.00 – 7.00   | Step                    | A            | KERRY             |
|            | Pilate's               | 7.30 – 8.30   | Pilate's                | I            | KERRY             |
| Wed        | Weights & Conditioning | 9.30 – 10.30  | Weights & Conditioning  | I            | KERRY             |
|            | Line Dancing           | 11.45 – 12.30 | Dance                   | B            | KAREN             |
|            | Ballroom Dancing       | 12.30 – 1.30  | Dance                   | B            | KAREN             |
|            | Line Dancing           | 1.30 – 2.30   | Dance                   | I            | KAREN             |
|            | Aquacise               | 6.15 – 7.00   | Aquacise                | B            | IAN               |
|            | Chizzle Training       | 7.00 – 8.00   | Circuits                | A            | PETER             |
| Thurs      | Sculpt & Tone          | 9.30 - 10.30  | Stretch & Tone          | B            | IAN               |
|            | Yoga                   | 11.00 – 12.30 | Yoga                    | I            | AUDREY            |
|            | Pilate's               | 1.30 – 2.30   | Pilate's                | I            | GAIL              |
|            | Martial Arts*          | 4.00 – 5.00   | Martial Arts*           | B            | JAMES             |
|            | Martial Arts*          | 5.00 – 6.00   | Martial Arts*           | I            | JAMES             |
|            | Bums, Legs & Tums      | 6.00 – 7.00   | Aerobics                | I            | MANDY             |
|            | Boot Camp!             | 7.30 – 8.30   | Circuits                | A            | MARK              |
| Fri        | Aquacise               | 9.00 – 10.00  | Aquacise                | B            | GAIL              |
|            | Energise!              | 9.30 - 10.30  | Aerobics / Fit Ball     | I            | ANNE              |
|            | Line Dancing           | 10.45 – 11.45 | Line Dancing            | I            | KAREN             |
|            | Ballroom Dancing       | 12.00 – 1.30  | Ballroom Dancing        | I            | KAREN             |
| Sat        | Weekend Workout!       | 9.30 - 10.30  | Step Aerobics           | A            | KERRY             |

\*Chargeable class open to under 16's.

### Key To Levels

**B** = Beginners                      **I** = Intermediate  
**A** = Advanced

*All Classes Are Subject To Change At Any Time*