

WILDEY GROUP EXERCISE TIMETABLE

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30	TURNING CIRCLES	SUPER CIRCUIT	TURNING CIRCLES	SUPER CIRCUIT			
6:30						TURNING CIRCLES	BOOT CAMP (BOAT YARD)
8:00						GRAVITY.S	
9:00	Bosu	TURNING CIRCLES	Step Reebok™ L3	Rep Reebok™	Beyond the Ball L1	Cardio Blast L2	
9:15	SUPER CIRCUIT		SUPER CIRCUIT				9:30 Cardio Blast L2
10:00	Gravity Pilates	Active Seniors	GRAVITY.S	Active Seniors	Active Seniors	10:30 Boxercise	
12:15	Rep Reebok™	Instructor's Choice	TURNING CIRCLES	Boxercise			
12:30					SUPER CIRCUIT <i>Keisha</i>	INSTRUCTOR'S CHOICE EVERY TUESDAY @ 12:15PM <hr/> <u>DID YOU KNOW??</u> Turning Circles is a non-impact cycling program that is challenging, fun & designed for all fitness levels. Add this to your exercise workout for a great cross training benefit.	
4:30	Step Reebok™ □ L1	Cardio Blast L2	Step Reebok™ L2	TURNING CIRCLES	Rep Reebok™		
5:00	SUPER CIRCUIT <i>Cathy</i>		SUPER CIRCUIT				
5:30	Cardio Blast L1	Rep Reebok™ □	Cardio Blast L3	Instructor's Choice	Beyond the Ball L1		
		SUPER CIRCUIT		SUPER CIRCUIT			
6:15	SUPER CIRCUIT		SUPER CIRCUIT				
6:30	Bosu	TURNING CIRCLES	Boxercise	TURNING CIRCLES	LOOK OUT FOR BICYCLE BASHMENT		
7:00					6:30 CARNIVAL JUKS		
7:30	Boxercise	Step Reebok™					

NB. PARTICIPANTS IN THE BOXERCISE CLASS ARE KINDLY ASKED TO OBTAIN A PAIR OF BOXING WRAPS. THIS IS A SAFETY MEASURE, SINCE FULL CONTACT IS MADE DURING THE CLASS. *One of our Certified Wellness Professionals will show you how to use them.*

FUSION STUDIO TIMETABLE

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:30								
6:30								
8:00						Yoga		
9:00						Stott Pilates		
10:00		Stott Pilates			½ Hour Core	½ Hour Flexibility		
11:00				Pole Fitness	Gentle Yoga	<p style="text-align: center;"> STARTING FEB 19TH - APR 30TH , 2011 @ 4-5:30pm </p> <p style="text-align: center;"> DANCE CLASSES WITH KRYSTAL <u>For more info.</u> <u>CONTACT: 243-7900</u> </p> <hr/> <p style="text-align: center;"> <u>Please note:</u> Monday, 5:30am Turning Circles will recommence on 07th Feb 2011 with George </p>		
1:15			Stott Pilates Body Sculpting					
4:30								
5:00			Gravity Strength					
5:30	Stott Pilates	Gravity Pilates		Power Yoga	Gravity Pilates			
6:30		Power Yoga		Stott Pilates				
7:30								
8:00	Pole Fitness Advanced	Pole Fitness Beginner	Pole Fitness Beginner	Pole Fitness				

WARRENS

GROUP EXERCISE TIMETABLE

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM	SUPER CIRCUIT	TURNING CIRCLES	SUPER CIRCUIT	TURNING CIRCLES	TURNING CIRCLES		
6:30 AM							BOOT CAMP (BOAT YARD)
9:00 AM	Yoga	L1 Step Reebok	Stott Pilates	Bosu	Pilates on the ball	TURNING CIRCLES	
				Turning Circles			
9:30 AM	SUPER CIRCUIT						
10:00 AM	*Body Sculpting		*Body Sculpting		*Body Sculpting	½ HOUR FLEXIBILITY	
10:30 AM						SUPER CIRCUIT	
12:15 PM	TURNING CIRCLES	½ HOUR CORE		12:30 Rep Reebok	BOXERCISE		
12:45 PM			SUPER CIRCUIT			<p style="text-align: center;"><u>INSTRUCTOR'S CHOICE</u></p> <p style="text-align: center;">EVERY WEDNESDAY @ 6:30PM</p> <p style="text-align: center;">BOSU CLASS</p> <p style="text-align: center;">WITH</p> <p style="text-align: center;">CATHY</p>	
5:00 PM	Cardio Blast	TURNING CIRCLES					
5:30 PM	SUPER CIRCUIT		Cardio Blast	SUPER CIRCUIT	TURNING CIRCLES		
6:00 PM	L2 Step Reebok	Rep Reebok		PILATES	Yoga		
6:15 PM			TURNING CIRCLES				
6:30 PM			Instructor's Choice			<p>NOTE: participants in the BOXERCISE CLASS are kindly asked to obtain a pair of boxing wraps-Full contact is made during class.</p>	
7:00 PM	TURNING CIRCLES	BOXERCISE		BOXERCISE			
8.15 PM		LINE DANCING		LINE DANCING			