



STUDIO TIMETABLE 2009

{ LA PHYZZ }



DAY	TIME	INSTRUCTOR	CLASS
MONDAY	17.30 - 18.00	KIRK	BELLY BLAST
	18.00 - 19.00	TOMMY	LA PILATES
	18.00 - 19.00	JULIA	STEP CLASS
	19.00 - 20.00	TOMMY	JAZZ STRETCH
	19.30 - 20.30	JULIA	CONTEMPORARY JAZZ DANCE (14yrs to adult)
	20.00 - 21.00	CHERYL	FULLER FIGURE WORKOUT
TUESDAY	10.00 - 10.30	TOMMY **	LA PILATES (STARTER / REFRESHER) **
	10.30 - 11.30	TOMMY	LA PILATES
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	17.30 - 18.00	KIRK	BODY BLAST
	18.00 - 18.30	KIRK	BELLY BLAST
	18.30 - 19.00	KIRK	BODY BLAST
	19.00 - 19.30	JULIA	TBT's
	19.30 - 20.30	JULIA	JAZZLATES
WEDNESDAY	18.00 - 19.00	JULIA	BIG BALL WORKOUT
	19.30 - 20.30	JULIA	SHOWSTYLE DANCE (7yrs+)
THURSDAY	17.30 - 18.30	KIRK	BOXAEROBICS (14yrs to adult)
	18.30 - 19.00	KIRK	SIMPLY STRETCH
	19.00 - 19.30	TOMMY **	LA PILATES (STARTER / REFRESHER) **
	19.30 - 20.30	TOMMY	LA PILATES
FRIDAY	17.00 - 18.30	JULIA/LORRAINE	LP THEATRE ACADEMY (6-12yrs)
	18.30 - 20.00	JULIA/LORRAINE	LP THEATRE ACADEMY (12yrs+)
SATURDAY	10.00 - 11.00	LORNA	WEEKEND WAKE-UP



ADULTS



Suitable for TEENS



CHILDREN



STUDIO TIMETABLE 2009

{ DIMENSIONS FITNESS }



DAY	TIME	INSTRUCTOR	CLASS
MONDAY	10.00 - 11.00	MARI ONNE	FAT BURNER
	11.00 - 12.00	SHELLEY	BIG BALL WORKOUT
	11.00 - 11.40	LORRAINE	SPORTZ TOTZ (18months+)
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	18.15 - 19.15	EVERTON	LEGS, BUMS & TUMS
	19.15 - 20.15	EVERTON	STUDIO STRENGTH
	20.15 - 21.15	JEANNE	YOGA
TUESDAY	10.00 - 11.00	MARI ONNE	LEGS, BUMS & TUMS
	11.00 - 12.00	KAY	POWER PUMP
	11.00 - 11.40	JULIA/ NICOLA	MUSICAL TOTZ (18months+)
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	18.00 - 19.00	LAURA	KIDS STREET DANCE (6-12 yrs)
	19.00 - 19.30	ANNELIESE	SPI NNING
	19.30 - 20.30	JEANNE	YOGA
WEDNESDAY	10.00 - 11.00	KAY	TOTAL BODY WORKOUT
	11.00 - 11.45	KAY	LONG & LEAN STRETCH
	11.00 - 11.40	LORRAINE	TUMBLE TOTZ (18m0nthst+)
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	15.30 - 17.30	LORRAINE	'DROP IN' FUN ACTI VI TY (2-12yrs)
	19.00 - 20.00	BEN	STUDI O CIRCUIT
	20.00 - 21.30	ZANE	TACTICAL FIGHTING
THURSDAY	10.00 - 11.00	KAY	20-20-20
	11.00 - 12.00	SHELLEY	PI LATES
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	20.00 - 21.00	SHELLEY	PI LATES
FRIDAY	10.00 - 11.00	MARI ONNE	BOX CIRCUIT
	11.00 - 11.30	SHELLEY	SPI NNING
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	18.30 - 19.30	EVERTON	BODY I MPACT
SATURDAY	10.30 - 12.00	KIDS STAFF	THEATRE ACADEMY (6+yrs)
	12.00 - 13.00	HELEN	WEEKEND FI T CLUB - STEP
	12.00 - 13.00	LORRAINE	JNR 'FREE RUNNI NG' (6+yrs)
	13.00 - 14.30	KIDS STAFF	FUN ACTI VI TY CLUB (4+yrs)



ADULTS



TOTZ Classes



CHILDREN