

# February 2012

## Fitness Class Timetable

<u>Monday</u>		
<u>Time</u>	<u>Class</u>	<u>Venue</u>
10-10.45am	Balance	MR
11-11.45am	Aqua	Pool
3-6.00pm	Swim lessons	Pool
7 - 7.45pm	Spin	SS
8pm-8.45pm	Spin	SS

<u>Tuesday</u>		
<u>Time</u>	<u>Class</u>	<u>Venue</u>
10-11am	Yoga	MR
11-11.45am	Spin	SS
11.45-12pm	Core	MR
7-7.45pm	Spin	SS
7.45-8.30pm	Boxercise	MR
8.30 - 9.30pm	Pilates	MR

<u>Wednesday</u>		
<u>Time</u>	<u>Class</u>	<u>Venue</u>
10am-10.45	Boxercise	MR
10.45-11am	Core	MR
11-11.45am	Aqua	Pool
3-6.00pm	Swim lessons	Pool
7 - 8pm	Super Spin	SS
8-8.45pm	Spin	SS
8- 9pm	Yoga	MR

<u>Thursday</u>		
<u>Time</u>	<u>Class</u>	<u>Venue</u>
9-10am	(Beg) Pilates	MR
10-11am	(Inter) Pilates	MR
11-12pm	Super Spin	SS
12-12.15pm	Core	MR
7-7.30pm	Begin 2 Spin	SS
7.30-8pm	Begin Boxercise	MR
8.8.15pm	Core	MR

<u>Friday</u>		
<u>Time</u>	<u>Class</u>	<u>Venue</u>
9.30-10am	Begin 2 Spin	SS
10-10.30am	Tone	MR
10.30-10.45am	Core	MR
11-11.45am	Aqua	Pool
7-7.45pm	Spin	SS
7.45-8pm	Core	MR

<u>Saturday</u>		
<u>Time</u>	<u>Class</u>	<u>Venue</u>
9-12am	Swim lessons	Pool
10-11am	Super Spin	SS
11-11.15am	Core	MR

<u>Sunday</u>		
<u>Time</u>	<u>Class</u>	<u>Venue</u>
11-11.45am	Spin	SS

- Class Rules**
1. Always bring a bottle of water and a towel to each class
  2. Never enter a class once it has started, this is for your own safety.
  3. Always enjoy!!!!!!!!!!!!!!

RR - RELAXATION ROOM  
 MR - MEETING ROOM  
 POOL - SWIMMING POOL  
 SS - SPIN STUDIO



# DRUIDS GLEN

FALL UNDER THE SPELL

