

Vibe PT Studio Class TimeTable

WEEK DAY	Monday	Tuesday	Wednesday	Thursday	Friday	WEEK END	Saturday	Sunday
10.30-11.30am	PILATES <i>Denise</i>	ZUMBA <i>Kimberley</i>	BOXFIT <i>Dan</i> Studio 2	SPIN <i>Dan</i>	PUMP <i>Claire</i>	9-10am	SPIN <i>Lindsay</i>	
						10-11am	BLT <i>Lindsay</i>	RUNNING CLUBS
						11am-12pm	PILATES <i>Denise</i> Studio 2	
6-7pm	PILATES <i>Denise</i> Studio 2	SPIN <i>Dan</i>	ATTACK <i>Claire</i>	SPIN <i>Neil</i>	BOXFIT <i>Dan</i> Studio 2	MORNING	ADVANCED BIKING CLUB <i>Neil</i>	
	RUNNING CLUB	THAI BOXING <i>Alison</i> Studio 2						
7-8pm	STEP <i>Lindsay</i> 7 - 7.45	ZUMBA <i>Kimberley</i> 7 - 8.30pm	FUNCTIONAL CIRCUIT <i>Claire</i> Studio 2	PUMP <i>Neil</i>				
	TOTAL TONE <i>Lindsay</i> 7.45 - 8.30pm							
8-9pm		ZUMBA TONE <i>Kimberley</i> 8-8.30		YOGA <i>Dianne</i>				
Class Types	Relaxation & Core Training	Fitness & Fat Burning	Toning					

