

TEMPORARY OUTDOOR CLASS TIMETABLE

01.03.10 -20.03.10

All levels of fitness & experience catered for in every class!
Classes subject to change depending on instructor availability, and weather conditions.

VILLAGE GREEN	Mon	Tues	Wed	Thurs	Fri	Sat
5:45am	BOOTCAMP Sasha	BOXING Sabrina	TNT Donna/Janet	CIRCUIT Sabrina	KILLERCORE Donna/Kerri	
7:30am						BOX FIT Anil
9:15am	KILLER CORE David/Donna	CIRCUIT Jai	TNT Donna	BOOTYCAMP Jai	BOX FIT Anil	ZUMBA Louise
5:45pm	TNT (45 mins) Donna/Janet	BOX FIT (45 mins) Anil	BOOTCAMP (45 mins) Sasha	KILLER CORE (45 mins) David/Donna		

PILATES/YOGA/CORE STABILITY CLASSES

VILLAGE GREEN	Mon	Tues	Wed	Thurs	Fri	Sat
7:15am						YOGA Leslie
9:15am	YOGA Leslie		YOGA Leslie	PILATES FUSION Katrina		
10:15am		YOGA Nicky			YOGA Nicky	

Please arrive in plenty of time to begin your class.
 Highlighted classes will be held in the Sharks' Functions Centre.
 Village Green is located at the top of the service driveway, behind the children's playground.

T.N.T	"TONE N TIGHTEN" - sculpt your body in targeted class format. Bringing the Dynamite you need to your workout. Fun and Awesome!!!
CIRCUIT	This is a cardio/cross training workout for absolutely any one! "Booty Camp" style.
BOOT/BOOTYCAMP	Take your training to the next level. The ultimate outdoor training!
YOGA	A combination of physical postures, breathing exercises and meditation designed to improve your mind-body connection and leave you in a state of tranquillity.
PILATES FUSION	"What a gorgeous BLEND of pilates and yoga" Core strength and yoga practice fused together.
ZUMBA FITNESS	"Ditch the Workout" Find your Latin grooves and moves with Zumba fitness.
BOXING	Boxing technique and circuit drills in class format. Expect to break a sweat!
KILLER CORE	Crunch to the core -45mins. Get "crunched" on the field.

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Ages: 6 weeks - 6 years. \$2 per child per hour (Min. 2 hours. Bookings essential)
Session Times: Mon - Fri 8.45am - 12pm

Located on the corner of Musgrave & Olsen Avenues, Southport.

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