

Weekly Class Timetable - Auburn

From Monday 18th of July 2011 until further notice



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6.15am	Boxercise (Yashar)		Cardio Blast (Bonnie)	Abs Express (Alyssa)		
9:30am	Boxercise (Yashar)		T.B.T (Bonnie)	H.I.T (Georgette)	Boxercise (Georgette)	
9.45am						
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6.00pm	T.B.T (Bonnie)	Pilates (Lavende)		Fit Power (Bonnie)		
6.30pm			Zumba (May)			
7.00pm	Latino Burn (Pauline)	Boxercise (Yashar)			Latino Burn (Pauline)	

Basic class descriptions

Abs express	Strengthen and tone abdominal area in 30 minutes
T.B.T	Tone & Burn the areas that are problematic to most women. (Tummy, Butts, Thighs)
Boxercise	Kick, punch, Release all your frustrations. Great for strenghtening, toning, fitness and weight loss.
Zumba/Latino Burn	Join The Party. Dance like nobody is watching and watch the results.
H.I.T	30 minute intense workout. Great way to shock the body.
Pilates/Yoga	Increase your core stability, improve and strenghten muscle tone and improve flexibilty