

Weekly Class Timetable - Greenacre

From Monday 18th July 2011 until further notice



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6.15am	Spin (Maggie)		Step & Burn (Mary)		Boxercise (Yashar)	
8.45am			Fit Power (Oula)			Boxercise/ H.I.T (Oula)
9.30am	ZUMBA (Mary)	Spin (Maggie)	H.I.T (Oula)	Pilates (Lina)	Step & Burn (Mary)	Boxercise (Oula)
10.05am		Spin (Maggie)	Fit Power (Oula)			
10.30am	Abs Express (Oula)					
5.45pm						
6.00pm	Step & Burn (Mary)	Step & Burn (Crissy)	Fit Power (Oula)	Pilates (Lavende)		
6.30pm					H.I.T (Jade)	
6.45pm						
7.00pm	ZUMBA (Mary)	Latino Burn (Pauline)	Boxercise (Oula)	Spin (Maggie)		
8.00pm	Abs Express (Oula/Jade)					

Basic class descriptions

Abs express	Strengthen and tone abdominal area in 30 minutes
Step & Burn	Tone and burn abs thighs and buttocks.
Boxercise	Kick, punch, Release all your frustrations. Great for strenghtening, toning, fitness and weight loss.
Fit power	Improve and increase muscle tone. Helps increase metabolism.
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
Spin	Increase fitness, weight loss, lower body toning and shaping. A class suitable for all levels of fitness.
Zumba/Latino Burn	Join the party. Dance like nobody is watching and watch the results.