

LA MON COUNTRY CLUB TIMETABLE 2010

Day	Time	Class	Level	Instructor
Monday	10.00am -10.45am	Pilates	INT	Allyn
	6.00pm - 6.45pm	Studio Cycle	INT	Stevie/Andy
	7.00pm - 8.00pm	Circuits	INT-ADV	Jonny
	8.15pm - 9.00pm	Body Flex	INT	Stevie/Andy
Tuesday	7.30am - 8.15am	Pilates	INT	Allyn
	6.00pm - 6.45pm	Cycle & Tone	INT	Andy/Stevie
	7.00pm - 7.45pm	Stability Ball	INT-ADV	Frances
	8.00pm – 9.00pm	Yoga	All Levels	Nicola
Wednesday	7.15am – 7.45am	Morning Spin	INT	Stevie
	10.00am -10.30am	Water Aerobics	BEG	Stevie
	6.00pm - 6.45pm	Upper Body Boost	INT-ADV	Kyle
	7.00pm - 7.50pm	Studio Cycle	INT-ADV	Kyle
	8.00pm - 9.00pm	Pilates	INT	Allyn
Thursday	1.00pm-1.45pm	Stability Ball	All Levels	Frances
	6.00pm - 6.45pm	Studio Cycle	All Levels	Jim Stokes
	7.00pm - 7.45pm	Flex & Punch	INT	Andy
	8.00pm - 8.45pm	Pilates	INT	Allyn
Friday	10-10.45am	Body Flex (NEW)	BEG/INT	Stevie
	4.15pm - 5.00pm	Fitness 4 Kids	6 - 10 years	Andy
	6.30pm - 7pm	Step & Flex	BEG	Andy
	7pm – 8pm	Self Defence	All Levels	Course
Saturday	10.00am -10.45am	Studio Cycle	INT	Stevie P
Sunday	11.00am - 11.45pm	Studio Cycle	BEG	Andy
	2.00pm -2.45pm	Junior Fitness	12-15 years	Jonny/Ryan