

CLASS TIMETABLE



FEELGOOD
HEALTH CLUBS

MON

Pilates
11.30am
Alison

TUES

Full Worx
7pm
Hannah

WED

Zumba
9.30am
Nancy

Body
Conditioning
10.30am
Nancy

THURS

LBT
9.30am
Hannah

Aqua Fit
10am
Chris

Pilates
10.45am
Chris

FRI

Tabata
9.30am
Matt

Fab abs
10.30am
Matt