

MON	TUES	WED	THURS	FRI	SAT	SUN
	WEIGHTS 6:00 am (Jamie-lee)	SPIN 6 am 30 min (Jamie-lee) PoundIT 6:30 am 30 min (Jamie-lee)	BOXING 6:00 am (Jamie-lee)	SPIN 6 am 30 min (Jamie-lee) WEIGHTS 6:30am 30 min (Jamie-lee)		HEALTHY MUMS Additional Class \$5 members \$10 Non Members
HEALTHY MUMS 9:15 am (Judy)		HEALTHY MUMS 9:15 am (Jamie-lee)			BOXING 9:00 am 45 min (Jamie-lee)	
OLDER & BOLDER 10:30 am (Judy)		OLDER & BOLDER 10:30 am (Jamie-lee)		OLDER & BOLDER 10:50 am (Jamie-lee)		YOGA 10:30 am (Maddy)
		STRETCH 11:15 am 45 min class (Jamie-lee)	STRETCH 11:00 am 45 min class (Jamie-lee)	STRETCH 11:35 am 45 min class (Jamie-lee)		
				REFINE YOUR CORE 2:00 pm (Judy)		
GYM CIRCUIT 5:45 pm 30 min class (Tiarna)	REFINE YOUR CORE 4:30 pm (Judy)	GYM CIRCUIT 5:30 pm 30 min class (Judy)				
	YOGA 6:30 pm (Cherie) *9/10/18	REFINE YOUR CORE 6:00 pm (Gill)	YOGA 6:30 pm (Cherie)	Start Date 30/10/2018 Aqua Classes- Separate Timetable	7 Logans Beach Rd E: fitness@tidalwavetotalfitness.com P: 5561 5307 W: www.tidalwavetotalrefit.com	Mon-Thurs 6:00 am -8:00 pm Fri 6:00 am – 7:00 pm Sat 7:00 am- 5:00 pm Sun 9:00 am -12:pm