

MON	TUES	WED	THURS	FRI	SAT	SUN
<b>GYM CIRCUIT</b> 6:15 am 45 min class (Judy)	<b>WEIGHTS</b> 6:00 am (Jamie-lee)	<b>SPIN</b> 6 am 30 min (Jamie-lee) <b>PoundIT</b> 6:30 am 30 min (Jamie-lee)	<b>BOXING</b> 6:00 am (Jamie-lee)	<b>SPIN</b> 6 am 30 min (Jamie-lee) <b>WEIGHTS</b> 6:30am 30 min (Jamie-lee)		<b>HEALTHY MUMS</b> Additional Class \$5 members \$10 Non Members
<b>HEALTHY MUMS</b> 9:15 am (Judy)		<b>HEALTHY MUMS</b> 9:15 am (Jamie-lee)			<b>BOXING</b> 7:30 am 45 min (Jamie-lee)	
<b>OLDER &amp; BOLDER</b> 10:30 am (Judy)		<b>OLDER &amp; BOLDER</b> 10:30 am (Jamie-lee)		<b>OLDER &amp; BOLDER</b> 10:50 am (Jamie-lee)		<b>YOGA</b> 10:30 am (Sarah)
		<b>STRETCH</b> 11:15 am 45 min class (Jamie-lee)	<b>STRETCH</b> 11:00 am 45 min class (Jamie-lee)	<b>STRETCH</b> 11:35 am 45 min class (Jamie-lee)		
				<b>REFINE YOUR CORE</b> 2:00 pm (Judy)		
<b>GYM CIRCUIT</b> 5:45 pm 30 min class (Tiarna)	<b>REFINE YOUR CORE</b> 4:30 pm (Judy)	<b>GYM CIRCUIT</b> 5:30 pm 30 min class (Judy)	<b>INTERVAL TRAINING</b> 5:30 pm 30 min class (Tiarna)			
	<b>YOGA</b> 6:30 pm (Cherie)	<b>REFINE YOUR CORE</b> 6:00 pm (Gill)	<b>YOGA</b> 6:30 pm (Cherie)	<b>Start Date</b> <b>14/01/2019</b> <b>Aqua Classes-</b> <b>Separate</b> <b>Timetable</b>	<b>7 Logans Beach Rd</b> <b>E: fitness@tidal</b> <b>wavetotalfitness.com</b> <b>P: 5561 5307</b> <b>W: www.tidalwave</b> <b>totalrefit.com</b>	<b>Mon-Thurs</b> <b>6:00 am -8:00 pm</b> <b>Fri 6:00 am – 7:00 pm</b> <b>Sat 7:00 am- 5:00 pm</b> <b>Sun 9:00 am -12:pm</b>