

| MON | TUES | WED | THURS | FRI | SAT | SUN |
|---|--|--|---|--|---|---|
| GYM CIRCUIT 6:15 am 45 min class (Judy) | 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 7:30 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 9:30 am (Sarah) |
| | | 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) | INTERVAL TRAINING 5:30 pm 30 min class (Tiarna) | | | |
| | YOGA 6:00 pm (Cherie) | REFINE YOUR CORE 6:00 pm (Gill) | YOGA 6:00 pm (Cherie) | Start Date 1/03/2019 Aqua Classes- Separate Timetable | 7 Logans Beach Rd E: fitness@tidal wavetotalfitness.com P: 5561 5307 W: www.tidalwave totalrefit.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 |