


MON	TUES	WED	THURS	FRI	SAT	SUN
	WEIGHTS 6:00 am 60 min (Jamie-lee)	SPIN 6 am 30 min (Jamie-lee) PoundIT 6:30 am 30 min (Jamie-lee)	BOXING 6:00 am 60 min (Jamie-lee)	SPIN 6 am 30 min (Jamie-lee) WEIGHTS 6:30am 30 min (Jamie-lee)		
WALKING GROUP 9:00 am 45 min (Judy)		INTERVAL TRAINING 9:00 am 45 min (Jamie-lee)	WALKING GROUP 9:00 am 45 min (Jamie-lee)		BOXING 7:30 am 45 min (Jamie-lee)	
OLDER & BOLDER 10:00 am 45 min (Judy)		OLDER & BOLDER 10:00 am 45 min (Jamie-lee)		OLDER & BOLDER 10:30 am 45 min (Jamie-lee)		YOGA 9:30 am 60 min (Sarah)
		STRETCH 10:45 am 45 min (Jamie-lee)	STRETCH 11:00 am 45 min (Jamie-lee)	STRETCH 11:15 am 45 min (Jamie-lee)		
	REFINE YOUR CORE 4:30 pm 45 min (Judy)			REFINE YOUR CORE 2:00 pm 60 min (Judy)	 <p>TIDALWAVE total fitness AT LOGANS FOR WOMEN</p>	
GYM CIRCUIT 5:45 pm 30 min (Hope)			INTERVAL TRAINING 5:45 pm 30 min (Hope)			
	YOGA 6:00 pm 60 min (Cherie)	REFINE YOUR CORE 6:00 pm 60 min (Gill)	REFINE YOUR CORE 4:30pm 45 min (Judy)	Start Date 03/02/2020 Aqua Classes- Separate Timetable	7 Logans Beach Rd E: fitness@tidalwavetotalfitness.com P: 5561 5307 W: www.tidalwave-totalrefit.com	MON – THURS 6am –8pm FRI 6am – 7pm SAT 7pm – 5pm SUN 9am – 12pm