

CLASS TIMETABLE - APRIL 2024

MONDAY

Time	Class	Instructor
18:30 - 19:30	Pilates	Dave

TUESDAY

Time	Class	Instructor
18:00 - 19:00	Yoga	Elaine

WEDNESDAY

Time	Class	Instructor
18:00 - 18:50	Total Body Conditioning	Nus
19:00 - 20:00	Circuits	Nus

THURSDAY

Time	Class	Instructor
18:00 - 19:00	Circuits	Dave

FRIDAY

Time	Class	Instructor
18:00 - 19:00	Yoga	Elaine