






- Class numbers are limited please book the class you wish to attend
- 1.5 Social distancing rule applies to all classes
- Please arrive 5 minutes before the class commences
- Please bring your own yoga mat, waterbottle and towel
- Please wipe down & put away equipment after each session
- Please pick up your children from creche on time
- Classes highlighted blue run for 30 minutes



AM

	Monday	Tuesday	Wednesday	Thursday	Friday
DARWIN					
6.00 am	 Trey Darwin	 Ruby Darwin		 Ruby Darwin	
Palmerston					
6.00 am			 Sila Palmerston		
9.00 am	 Mirandah Palmerston	 Pam Palmerston	 Michael Palmerston		 Mirandah Palmerston
9.45 am 10.00 am					 Mirandah 9.45am Palmerston
Coolalinga					
6.00 am	 Tegan Coolalinga	 Leeanne Coolalinga	 Teagan Coolalinga	 Teagan Coolalinga	 Teagan Coolalinga
8.00 am 9.00 am	 8AM Beginners I Lonka 9AM Advanced I Lonka Coolalinga	 Mirandah Coolalinga	 Leeanne Coolalinga	 Mirandah Coolalinga	 Teagan Coolalinga
10 am 10.15am	 I Lonka 10am Coolalinga	 Gwen 10am Coolalinga	 Leeanne 10.15am Coolalinga		 Korina 10.15am Coolalinga

	Monday	Tuesday	Wednesday	Thursday	Friday
DARWIN					
12.15pm			LES MILLS RPM Darwin		 Sue Darwin
12.15pm 1pm				YOGA Emily 12.15pm Darwin	
12.45pm 1pm 5.30pm		YOGA Emily 1pm Darwin		YOGA Emily 1pm Darwin	
4.45pm 5.30pm	LES MILLS BODYPUMP Lilin 4.45pm Darwin	LES MILLS RPM Sue 5.30pm Darwin	LES MILLS BODYPUMP Lilin 4.45pm Darwin	Step Lilin 4.45pm Darwin	
6pm 6.15pm	YOGA Megan 6pm Darwin	 Leanne 6.15pm Darwin	YOGA Anjelika 6pm Darwin		
Millner					
4.45pm 5.00pm 5.30pm	YOGA Rosie 5pm Millner			LES MILLS BODYPUMP Jac 5:15pm Millner	
5.30pm 5.45pm 6.15pm				 Leanne 6:15pm Millner	
Palmerston					
5.30pm				Step Ilonka Palmerston	
6pm 6.30 pm	LES MILLS BODYPUMP Helen 6pm Palmerston	LES MILLS BODYPUMP Helen 6pm Palmerston	LES MILLS BODYPUMP Nat 6pm Palmerston	PILATES Ilonka 6.30pm Palmerston	
Coolalinga					
5.30 pm	LES MILLS BODYPUMP Nat Coolalinga	LES MILLS BODYATTACK Amanda Coolalinga	Circuit Teagan Coolalinga	LES MILLS BODYPUMP Helen Coolalinga	 Nat Coolalinga
5.30pm 6.00 pm	LES MILLS RPM Keith 6pm Coolalinga		 Nat 6pm Coolalinga	LES MILLS RPM Keith 6pm Coolalinga	
6.30 pm	LES MILLS BODYBALANCE Gwen Coolalinga	PILATES Ilonka Coolalinga		LES MILLS BODYBALANCE Gwen Coolalinga	PM