



Group Class Timetable 2020

Monday

Time	Type	Instructor	Dates
9.15am	Mixed	Arantzasu	Feb 10,17,24 Mar 2,9
5.30pm	Mixed	Arantzasu	Feb 10,17,24 Mar 2,9
6.35pm	Mixed	Arantzasu	Feb 10,17,24 Mar 2,9
7.45pm	ManGo 45min	Nick	Feb 10,17,24 Mar 2,9

Tuesday

Time	Type	Instructor	Dates
9.15am	Mixed	Kim	Feb 11,18,25 Mar 3,10
5.30pm	Mixed	Kim	Feb 11,18,25 Mar 3,10
6.35pm	Mixed	Kim	Feb 11,18,25 Mar 3,10

Wednesday

Time	Type	Instructor	Dates
9.15am	Mixed	Arantzasu	Feb 12,19,26 Mar 4,11
12.15pm	ManGo 45min	Nick	Feb 12,19,26 Mar 4, 11
5.30pm	Mixed	Kim	Feb 12,19,26 Mar 4, 11
6.35pm	Total Barre	Alysha	Feb 12,19,26 Mar 4, 11

Thursday

Time	Type	Instructor	Dates
9.15am	Level 1	Kim	Feb 13,20,27 Mar 5,12
12.05pm	Mixed	Kim	Feb 13,20,27 Mar 5,12
5.30pm	ManGo 45min	Nick	Feb 13,20,27 Mar 5,12
6.35pm	Total Barre	Alysha	Feb 13,20,27 Mar 5,12

Class Type	Description	Instructor	Duration	Max #	Are Bookings Essential?
Level 1	Slow to moderate pace building on from Introductory	Kim 021 0412469	55mins	8	Yes
Mixed	Moderate to fast pace offering progressions for different levels	Kim 021 0412469 Ari 021 02484992	55mins	8	Yes
Total Barre	Dynamic moderate to fast pace workout incorporating Pilates, cardio, dance and strength	Alysha 022 0478584	55mins	6/7	Yes
ManGo (Mens Only)	Moderate pace with an emphasis on stretch and mobility specific to men	Nick 027 2744214	45mins	6/7	Yes