

# Group Fitness Classes

Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00	<b>MAT PILATES</b> Bev	<b>TAI CHI</b> Mikhail			
10:00	<b>CARDIO DRUMMING</b> Bev	<b>FULL BODY WORKOUT</b> Bev	<b>GENTLE YOGA</b> Tahnia	<b>FULL BODY WORKOUT</b> Bev	<b>GENTLE YOGA</b> Tahnia
11:00	<b>SILVER SNEAKERS</b> Bev	<b>CHAIR YOGA</b> Bev		<b>CHAIR YOGA</b> Bev	
12:00		<b>SILVER SNEAKERS</b> Essene		<b>SILVER SNEAKERS</b> Essene	
1:30 & 3:00		<b>PARKINSON'S BOXING</b> Dawn		<b>PARKINSON'S BOXING</b> Dawn	
5:30	<b>SPINNING</b> Dave	<b>YOGA</b> Sarah	<b>SPINNING</b> Esther	<b>GENTLE YOGA</b> Tahnia	
6:30	<b>KICK BOXING</b> Essene	<b>ZUMBA</b> Jenny	<b>KICK BOXING</b> Essene	<b>ZUMBA</b> Maru	