

Starting Wednesday 9th October

BROOKVALE	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09:00 – 10:00						Active Bootcamp Gymnasium Craigie	
09:15 – 10:00	Active Aqua						Active Pads & Bikes Kerrie
09:30-10:00				Active Cycle & Abs Kerrie C			
10:00-10:30			Active Gentle Spin Craigie				
12:30-13:15			Active Gentle Stretch Craigie		Active Gentle Circuits Kerrie C		
17:45-18:15	Active Cycle Studio Jan	Vibe Cycle Jan studio 17:45 - 18:30		HIIT Kerrie C Gymnasium	Active Cycle Craigie studio	Active Abs Studio Craigie	
18:00 - 18:45			Vibe Cycle Jan studio				
18:30-19:15	Active Circuits Craigie Gymnasium				Active Power Craigie Gymnasium	Active Cycle Craigie Studio	
18:30 – 19:15		Yoga studio	Vibe Power Gymnasium Jan		Yoga studio		
19:00 - 19:45			Vibe Step Gymnasium Jan	Box Fit Studio Kerrie			
19:30 - 20:15					Active Aqua Pool Craigie		
19:45 – 20:30	Active Aqua Pool Craigie						

T&C's apply - classes are subject to change

