

## November Classes

Day	Time	Class	Teacher	Location	Duration
<b>Monday</b>	09.30 – 10.30	Full Body Circuits	Darren	Tennis Court	45mins
	09.30 – 10.00	HITT	Beejcks	Studio	30mins
	10.15 – 11.15	Pilates	Beejacks	Studio	60mins
	11.20 – 12.00	Aqua	Beejacks	Pool	40mins
	18.00 – 19.00	Gym Power	Pavel / Caleb	Gym	60min
	19.30 – 20.30	Pilates	Sonja	Studio / YU	60mins
<b>Tuesday</b>	10.00 - 10.45 ( Alternate weeks )	Abs & Legs	Caroline	Tennis / Studio	45mins
	13.00 – 14.00	Pilates	Alex	Studio / YU	60mins
	18.00 – 19.00	Pump	Beejacks	Studio / YU	60min
	19.00 – 20.00	Tone and Balance	Beejacks	Studio / YU	60mins
<b>Wednesday</b>	09.30 – 10.30	Yoga	Amber	Studio / YU	60mins
	10.30– 11.15	Zumba	Beejacks	Studio / YU	45mins
	11.20 – 12.00	Aqua	Beejacks	Pool	40mins
<b>Thursday</b>	07.30 – 8.00	Bootcamp	Beejacks	Gym & Studio	30mins
	09.30 – 10.30	Pump	Beejacks	Studio	60 mins
	10.40 – 11.10	Spin	Beejacks	Studio	30mins
	11.15 – 12.00	Aqua	Beejacks	Pool	45mins
	18.15 – 19.00	HITT	Beejacks	Studio	45mins
<b>Friday</b>	09.30 – 10.30	Yoga	Zoe	Orangery	60mins
	10.30 – 11.30	Cardio Tennis	Lorna	Tennis Court	60mins
	12.15 – 13.15	Yogalates	Beejacks	Studio	60mins
<b>Saturday</b>	10.00 – 11.00	Rotational Classes	Various	Studio	60mins
<b>Sunday</b>	11.30 – 12.15	Kettle Bells	Pawel	Studio	45mins