

Sunday

Time	Class	Instructor	Fitness Goal	Location
09:00-10:00	Tai Chi	Steve Shackleton	Balance	Studio
19:00-20:00	Meditation	Natasha King	Relax	Studio

Monday

Time	Class	Instructor	Fitness Goal	Location
08:30-09:30	Beginners KickBoxercise	Steve Shackleton	Burn	Studio
10:00-11:30	Tennis	Rob Cook	Build	Tennis Court
19:00-20:00	NEW Yoga	Jessica Wright	Relax	Studio

Tuesday

Time	Class	Instructor	Fitness Goal	Location
08:00-08:30	Mind body balance	Steve Shackleton	Relax	Studio
09:00-10:00	Pilates	Kendra Pilates	Relax	Studio

Wednesday

Time	Class	Instructor	Fitness Goal	Location
08:00-9:00	Yoga	Bay Fitness	Relax	Studio
19:30-20:30	Tai Chi	Steve Shackleton	Balance	Studio

Thursday

Time	Class	Instructor	Fitness Goal	Location
10:30-11:30	Workout with Kate	Kate	Burn	Gym
19:15-20:15	Yoga	Bay Fitness	Relax	Studio

Friday

Time	Class	Instructor	Fitness Goal	Location
07:30-08:15	Pilates	Kendra Pilates	Relax	Studio
08:30-09:30	Pilates	Kendra Pilates	Relax	Studio

Saturday

Time	Class	Instructor	Fitness Goal	Location
08:00-09:00	Yoga	Bay Fitness	Relax	Studio
09:30-10:30	Yoga	Bay Fitness	Relax	Studio
11:00-12:00	Full Body Conditioning	Bethany Jackson	Burn	Gym

