

## Sunday

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

## Monday

Time	Class	Instructor	Fitness Goal	Location
08:30-09:30	<b>NEW</b> Beginners KickBoxercise	Steve Shackleton	Burn	Studio
10:00-11:30	<b>NEW</b> Tennis	Rob Cook	Build	Tennis Court
19:00-20:00	<b>NEW</b> Zumba	Natasha Burgess	Burn	Studio

## Tuesday

Time	Class	Instructor	Fitness Goal	Location
08:00-08:30	<b>NEW</b> 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	Burn	Studio
19:30-20:30	<b>NEW</b> Tai Chi	Steve Shackleton	Balance	Studio

## Thursday

Time	Class	Instructor	Fitness Goal	Location
10:30-11:30	<b>NEW</b> 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	<b>NEW</b> Full Body Conditioning	Bethany Jackson	Burn	Gym

