

Active Fitness & Lifestyle Group Woodside – Timetable October - 2019

Phone Jodie: 0413 593 316 for more details. Details correct at time of printing but may change. No classes on Public holidays.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>No classes Monday 7th October BOOTCAMP STARTS 21/10 BOOKINGS ESSENTAIL</p>	<p>6am X-trainer Jess</p>	<p>BOOTCAMP STARTS 21/10 BOOKINGS ESSENTAIL</p>	<p>6am X-trainer Jess Jodie 3rd Oct (Bodybar)</p>	
<p>8.30am Walking group</p>		<p>8.30am Walking Group STEADY</p>		
<p>9.15am X-trainer Jess</p>	<p>8.30am Cardio & Strength Angie 15/10 - 7.30am</p>	<p>9.15am Body Bar Jodie</p>	<p>9.15am Yoga (Hatha) Prue Leonie 3/10 17/10 no class on 10/10</p>	<p>9.15am Ball Fitness Jess</p>
<p>10.30am Zumba Jess</p>	<p>10.30am Gentle Fitness Angie 15/10 - 10.15am</p>			
<p>11.45am Yoga (DRU) Leonie</p>				
<p>5.30pm Mens Fitness level 1 Angie</p>				
<p>6pm Pilates Kylie</p> <p>6.30pm Mens Fitness Level 2 Angie</p> <p>7.15pm Bodybar Jodie</p>	<p>5.45pm X-Trainer Angie</p> <p>6.45pm Yoga Lynette Leonie 1/10 No class 8/10</p>			

