



PLEASE USE OWN  
MAT & TOWEL

PLASTIC WATER  
BOTTLES ONLY

NO FOOD  
PERMITTED  
IN STUDIO

9559 0000  
CHPRSL.COM.AU

## CLASS TIMETABLE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8.15am						Spin
9.00am			Active Living (foc)			
9.15am	Tai Chi	Salsation		Yoga - Japanese	Salsation	Circuit Class
10.30am	Zumba Gold	Yoga - Hatha	Intro Dance Series 2018	Yoga - Hatha	Yoga - Japanese	*10.15am Japanese Yoga
11.30am	Yoga - Japanese		Gentle Exercise			Weights & Strength
11.45am		Dancefit Music & Movement		Yoga - Hatha - Basic	Active Living (foc)	
12.45pm	Belly Dancing -Basic					
1.00pm		Belly Dancing	Canterbury Tales Book/Craft Club			
2.00pm	Pilates				*1.45pm Pilates	
6.15pm	HIIT	Yoga - Hatha		Yoga	 10 Pack \$80   20 Pack \$120 (Casual Visit \$15)	
7.30pm	Body Bar	Yoga - Hatha	*7.15pm Spin	Pilates		
8.30pm		Zumba		Zumba		

Group Fitness Studio Passes can be purchased from Reception at the Club. Program correct at time of printing. Effective April 2019. Appropriate footwear must be worn.