

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
9.15am	Tai Chi	Salsation		Yoga - Japanese	Salsation	Circuit Class
10.30am	Zumba Gold	Yoga - Hatha	Burlesque/ Tribal Dance	Yoga - Hatha	Yoga - Japanese	*10.15am Japanese Yoga
11.30am	Yoga - Japanese		Gentle Exercise			Weights & Strength
11.45am		Party Dance Music & Movement		Yoga - Hatha		
12.45pm	Belly Dancing					
1.00pm		Belly Dancing	Canterbury Tales Book/Craft Club			
2.00pm	Pilates				*1.45pm Pilates	
6.15pm	Cardio Boxing	Yoga - Hatha	Spin	Yoga	 CHPRSL MEMBERS 10 Pack \$80 20 Pack \$120 (Casual Visit \$15)	
7.30pm	Body Bar	Yoga - Hatha	Spin	Pilates		
8.30pm		Zumba		Zumba		