



Group Exercise Schedule



Jan 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 NO CLASSES	2 9am - Yoga w Carol Ann	3 8.30am - Tai Chi (L2) w Earl	4 9am - Zumba G w Mia	5
6	7 9am - Yoga w Carol Ann 10.15am - Pilates w Vicki 11.30am - Senior Fitness w Earl	8 8.30am - Tai Chi (L1) w Earl 9.30am - Zumba G w Mia 6.30pm - Yoga w Sandra	9 9am - Yoga w Carol Ann	10 8.30am - Tai Chi (L2) w Earl	11 9am - Zumba G w Mia	12
13	14 9am - Yoga w Carol Ann 10.15am - Pilates w Vicki 11.30am - Senior Fitness w Earl	15 8.30am - Tai Chi (L1) w Earl 9.30am - Zumba G w Mia 6.30pm - Yoga w Sandra	16 9am - Yoga w Carol Ann	17 8.30am - Tai Chi (L2) w Earl	18 9am - Zumba G w Mia	19
20	21 9am - Senior Yoga w Carol Ann 11.30am - No Class	22 8.30am - No Class 9.30am - Zumba G w Mia	23 9am - Senior Yoga w Carol Ann	24 8.30am - No Class	25 9am - Zumba G w Mia	26
27	28 9am - Senior Yoga w Carol Ann 11.30am - No Class	29 8.30am - No Class 9.30am - Zumba G w Mia	30 9am - Senior Yoga w Carol Ann	31 8.30am - No Class	9am - Zumba G w Mia	