

HOURS OPEN

Monday	6.00am-8.30pm
Tuesday	6.00am-8.30pm
Wednesday	6.00am-8.30pm
Thursday	6.00am-8.30pm
Friday	6.00am-7.00pm
Saturday	8.15am-2.00pm
Sunday	8.45am-12pm

NEW TIME TABLE

Aerobics Studio

	6.15	8.30	9.15	10.15	10.30	11.30	12.10	1.10	4.30	5.30	6.30	7.30
Monday			BC	Y				BC	BC	BB	BAR	
Tuesday	BC		BAR				BAR		XT	AA	Y	
Wednesday				FB				S	XT	BAR	BC	Y
Thursday	BC		XT	BAR			BC		FB	XT	BAR	
Friday			AA	Y				Y	BAR	BC		
Saturday		XT	BAR 9.30		AA	Y						
Sunday				XT 10.00								

Circuit Studio

	6.30	9.15	9.30			12.10	1.10		4.30	5.30	6.30	
Monday	C					C			C	C		
Tuesday							C			C		
Wednesday	C					C				C		
Thursday							C			C		
Friday	C	C				C						
Saturday			C									
Sunday		C 9.00										

Spin Studio

	6.30	9.15	10.15	11.00		12.10	1.10		4.30	5.30		6.30
Monday							SPIN			CRANK		BR
Tuesday	SPIN		SPIN			SPIN			SPIN	SPIN		
Wednesday		BR					SPIN			CRANK		SPIN
Thursday	SPIN	SPIN				SPIN			SPIN	SPIN		
Friday						BR				SPIN		
Saturday		SPIN 8.30										
Sunday			SPIN 10.00									

Timetable effective 02 November '09

Class Descriptions

AA = AERATTACK

Defence style exercise class.

BAR = THE BAR

Body conditioning class using barbells.

BB = BODY BLAST

A dynamic combination of Body Sculpt and Hi Low formats.

BC = BOOTCAMP

Classic military styled allround fitness class incorporating indoor & outdoor activities.

BR = BRIC

Bike, Run, Interval, Class.

C = CIRCUIT

Combination of resistance and aerobic exercise designed to increase muscle tone, improve fitness and burn body fat.

CRANK

NEW Extended indoor cycling class designed to challenge and develop cycling technique, fitness and performance in a structured format. Heart rate monitors recommended.

FB = FIT BALL

Develop balance, stability and core abdominal strength with pilates based exercises on the fitball.

SPIN

A motivating group indoor cycling session designed to burn fat, improve aerobic fitness and tone legs.

S = STEP

An aerobic class using individual steps, which can be adjusted to suit your fitness level.

XT = CROSS TRAINING

A combination of aerobics formats together on the one class.

Y = YOLATES

A combination of Yoga and Pilates - improves balance, core strength and flexibility.

RUN

NEW Group running sessions aimed to enhance technique, fitness and performance through tempo runs, hills, intervals, and drills. (Tues 5.30pm from AA; Thurs 6pm at Kangaroo Bay.)

t 6234 4700

f 6236 9995

www.allaerobics.com.au

Child Minding Monday to Friday 9.00am -11.30am