



THE CLUB  
AT HOLBROOK

## CLASS TIMETABLE

Monday	Tuesday	Wednesday	Thursday	Friday
<b>9:00am</b> <b>MOVE IT OR LOSE IT</b> (Previously Stretch & Strengthen) 1 Hour Beginner	<b>10:00am</b> <b>MOVE TO THE GROOVE</b> 45 Minutes Intermediate	<b>11:15am</b> <b>TAI CHI</b> 1 Hour	<b>6:30am</b> <b>FREE TO MOVE</b> Upper Body 1 Hour Advanced	<b>9:00am</b> <b>MOVE IT OR LOSE IT</b> (Previously Stretch & Strengthen) 1 Hour Beginner
<b>10:00am</b> <b>SMALL GROUP PT</b> 45 Minutes Variable	<b>11:00am</b> <b>PILATES</b> 1 Hour Beginner	<b>6:00pm</b> <b>HATHA YOGA</b> 1 Hour	<b>9:00am</b> <b>SMALL GROUP PT</b> Variable	<b>10:15am</b> <b>BODY CONDITIONING</b> 1 Hour Intermediate
<b>10:00am</b> <b>LEGS, BUMS &amp; TUMS</b> 1 Hour Intermediate	<b>11:00am</b> <b>AQUA</b> 45 Minutes Beginner		<b>9:15am</b> <b>DANCE FIT</b> 45 Minutes Intermediate	<b>11:30am</b> <b>AQUA</b> 45 Minutes Beginner
<b>11:15am</b> <b>AQUA</b> 45 Minutes Beginner	<b>5:30pm</b> <b>CORE FLOW</b> 45 Minutes Beginner		<b>10:15am</b> <b>FITNESS PILATES</b> 1 Hour	<b>11:30am</b> <b>HATHA YOGA</b> 1 Hour
<b>1:30pm</b> <b>PILATES</b> 45 Minutes	<b>7:00pm</b> <b>FREE TO MOVE</b> 1 Hour Advanced		<b>11:30am</b> <b>AQUA</b> 45 Minutes Beginner	
<b>5:30pm</b> <b>CIRCUITS</b> 45 Minutes Advanced				
<b>6:30pm</b> <b>HATHA YOGA</b> 1 Hour				