



FITNESS TIMETABLE

Current Classes

Day	Time	Activity	Instructor
Monday	4:30pm - 5:30pm	Dance Lessons	Glitz Dance
	7:00pm - 7:45pm	Boxing	Time2Tone Up
Tuesday	5:30pm & 6:30pm	Retro-robics	Corinne
	7:10pm - 8:10pm	Pilates	Belinda
Wednesday	6:00pm	Yoga	Courtney
	7:00pm - 7:45pm	Tabata	Time2Tone Up
Thursday	6:00am - 6:45am	Boxing	Time2Tone Up
	4:00pm	Tennis Lessons	Sarah Benad Tennis
	4:30pm - 7:30pm	Dance Lessons	Glitz Dance
Friday	4:00pm	Tennis Lessons	Sarah Benad Tennis
	4:00pm, 4:30pm, 5:00pm & 6:00pm	Karate	Bujutsu Picton
Saturday	8:30am	Tabata	Time2Tone Up
Sunday	9:00am	Tennis Lessons	Sarah Benad Tennis

Other Classes

Class Type	Instructor
Personal Training Sessions	Kiel

Instructor Contact Information

Trainer	Trainer	Email	Phone
Retro-robics	Corinne	corinne@limitlessfitnessnutrition.com.au	0427 913 953
Dance Lessons	Miss Jess – Glitz Dance	j.lowcock@hotmail.com	-
Karate	Bujutsu Picton	bujutsu.picton@gmail.com	0417 241 366
Personal Training	Kiel	kms_healthandfitness@outlook.com	0432 313 663
Pilates	Belinda	belindapoulton89@gmail.com	0431 821 101
Tabata	Shama – Time2Tone Up	time2toneup@hotmail.com	0458 349 155
Tennis Lessons	Sarah – Sarah Benad Tennis	sarahbenadtennis@hotmail.com	0403 192 699
Yoga	Courtney – Bend by Courtney	courtneylove@outlook.com	0449 567 368

Please contact the Instructor for enquiries or to book in for any above classes