



FitnessTIMETABLE

Current Classes

Day	Time	Activity	Instructor
Monday	4:30pm - 5:30pm 6:15pm - 7:00pm 7:00pm - 7:45pm	Dance Lessons HIIT Resistance/Booty Bands	Glitz Dance Time2Tone Up Time2Tone Up
Tuesday	6:00pm - 6:45pm 7:10pm - 8:10pm	Retro-robics Pilates	Corinne Belinda
Wednesday	4:00pm - 5:30pm 6:00pm 7:00pm - 7:45pm	Tennis Lessons Yoga HIIT	Sarah Benad Tennis Courtney Time2Tone Up
Thursday	6:00am - 6:45am 4:30pm - 7:30pm	Boxing Dance Lessons	Time2Tone Up Glitz Dance
Friday	4:00pm, 4:30pm, 5:00pm & 6:00pm	Karate	Bujutsu Picton
Saturday	8:00am	HIIT	Time2Tone Up
Sunday	8:30am - 12:30pm	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