

## *Fitness Class Timetable*

**Monday** - Aqua (Erin, 10am),  
Stretch and Mobility (Erin, 2pm)

**Tuesday** - Ski-Fit (Chris, 7pm)

**Wednesday** - Functional fitness (Georgina, 10am)  
Circuits (Alec, 7pm)

**Thursday** -  
Nordic Walking (Chris, 9.30am) *\*Training provided*  
Stretch & Mobility (Georgina, 2pm)

**Friday** - Aqua (Erin, 10am)

**Sunday** - Yoga (Charlotte, 5pm)

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All classes must be pre-booked on the members portal

\*Charges apply for timeshare members and non-members.