

Dance Studio	Monday	Tuesday	Wednesday	Thursday	Friday
9 - 9.30					
9.30 - 10					
10 - 10.30					
10.30 - 11					
11 - 11.30					
11.30 - 12					
12 - 12.30					
12.30 - 1					
1 - 1.30					
1.30 - 2					
2 - 2.30					
2.30 - 3					
3 - 3.30					
3.30 - 4					
4 - 4.30					
4.30 - 5					
5 - 5.30		Junior Kickboxing			
5.30 - 6		Junior Kickboxing	Pilates Fitness		
6 - 6.30		Adult Kickboxing	Yoga Fitness		
6.30 - 7		Adult Kickboxing	Mats for Men	Fitsteps	
7 - 7.30				Razzle Dazzle	T'ai Chi
7.30 - 8					
8 - 8.30					
8.30 - 9					
9 - 9.30					
9.30 - 10					

Saturday	Sunday	Dance Studio
		9 - 9.30
		9.30 - 10
Pilates	Zumba Dance	10 - 10.30
		10.30 - 11
T'ai Chi	Just Dance Studios	11 - 11.30
		11.30 - 12
		12 - 12.30
		12.30 - 1
	11.00 - 5.00	1 - 1.30
	8, 15, 22, 29	1.30 - 2
	January	2 - 2.30
		2.30 - 3
	9.00 - 5.00	3 - 3.30
	5th Feb	3.30 - 4
		4 - 4.30
		4.30 - 5
		5 - 5.30
		5.30 - 6
		6 - 6.30
		6.30 - 7
		7 - 7.30
		7.30 - 8
		8 - 8.30
		8.30 - 9
		9 - 9.30
		9.30 - 10

	Available for Hire
	Junior Clubs
	Adult Clubs

Dance Studio is 13 metres long x 9.6 metres wide x 5.5m High = 680 cubic Metres

Circuit Training

Contemporary Dance

Wing Chun Kung Fu

Karate

Boxing

Short Mat Bowls

Boccia

New Age Kurling

Table Tennis

Chair Pilates

Zumba Gold

T'ai Chi