












Contours Class Timetable



1st October 2011

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6.30 – 7.30	Cardio Fit 		Bums & Tums 		Cardio Fit 	
8.00 – 9.00		Bums & Tums 		Cardio Fit 		
10.30 – 11.30	Mums & Bubs* 				Mums & Bubs* 	
1.30 – 2.30						
5.30 – 6.30		Cardio Fit 		Bums & Tums 		
7.30 – 8.30						

* Children under 5 can be brought into the studio during your workout.

Studio Opening Hours :

Mon & Wed: 6.30am – 7.00pm

Tues & Thurs: 6.30am-7.30pm

Friday: 6.30am – 6.30pm

Saturday: 9.30am – 12.30pm