

Course Schedule

	Monday		Tuesday		Wednesday		Thursday		Saturday	
MORNING	10.00-11.00	Adult Ballet <i>Coastal Ballet</i>	11.00-12.00	Pilates Mixed Level <i>Geraldine</i>					10.00-11.00	Military Bootcamp <i>Justin Kellett</i>
									10.00-1.00	Kenpo Self Defence
After-noon					16.00-19.00	Children's Ballet <i>Coastal Ballet</i>	16.00-19.00	Children's Ballet <i>Coastal Ballet</i>	12.00-13.00	Karate <i>Phil Smith</i>
EVENING	19.00-20.00	Military Bootcamp <i>Justin Kellett</i>			19.15-20.15	Operation Lifestyle Group Class				
	19.15-19.30	Operation Lifestyle Weigh In			19.00-20.00	Pilates Mixed Level <i>Banban</i>	19.00-20.00	Military Bootcamp <i>Justin Kellett</i>		
	19.00-20.00	50 Days of Summer <i>Gerry Kelly</i>					19.30-20.30	Pilates & TRX Bootcamp <i>Mat Stevens</i>		
	20.00-21.00	ZUMBA <i>Leanne</i>			18.30-20.30	Kenpo Self Defence				



Integral Courses



Outsourced Courses

PLEASE CONTACT RECEPTION FOR MORE DETAILS