






**MEMBERSHIPS: INDIVIDUAL CLASSES FOR NON MEMBERS \$5.00 / FOR MEMBERS \$3.50 NO TAX!!**  
**CLASS ONLY MONTH PASS \$45.94 CURRENT MEMBERS PAY \$10.00 TO ADD UNLIMITED CLASSES FOR THE MONTH!!**

## CLASS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45 AM					<b>TRIPLE 10'S</b> DEREK	
9:30 AM					<b>BACK &amp; BOOTY</b> NATASHA	
10:00 AM		10:00 AM <b>TABOGA</b> ½ HOUR YOGA- ½ HOUR TABATA	10:30 AM <b>MOM &amp; BABY</b> STEPHANIE		10:30 AM <b>MOM &amp; BABY</b> STEPHANIE	10:00AM <b>FULL BODY</b> DEREK 
10:30 AM		LAURIE DON 				
12:10 PM		<b>YOGA</b> LAURIE DON				
5:45 PM	<b>FULL BODY CIRCUIT</b> STEPHANIE	<b>GLUTE CAMP</b> SARA BETH 	<b>TABATA</b> STEPHANIE 	<b>INTERVAL STRENGTH TRAINING</b> DEREK		
6:45 PM	<b>KANGOO BOUNCE</b> KATIE 					

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# MOM AND BABY CLASSES STARTING SOON IN PLATINUM NORTH SYDNEY

