

## Face to Face Classes

Day	Time	Class Type	Location	Trainer
<b>Monday</b>	5.45pm	Circuit	Gym	Jen
<b>Tuesday</b>	6.00am	Band & Core	Small Hall	Stace
	9.15am	Band & Pilates	Small Hall	Stace
<b>Wednesday</b>	6.00am	Circuit	Gym	Stace
	9.15am	Circuit	Main Hall	Stace / Jen
	6.00pm	Farmers	Central Yorke School (Maitland)	Jen / Kel W
<b>Thursday</b>	5.45pm	Circuit	Main Hall	Stace
	7.00pm	Mat Pilates / Stretch	Small Hall	Stace
<b>Friday</b>	6.00am	Boxing	Main Street / Hall	Kathryn
	9.15am	Seniors	Gym	Stace / Jen
	10.15am	Circuit	Gym	Stace / Jen

\*NEW to TERM  
3

## Zoom Classes

Day	Time	Class Type	Zoom Code	Trainer
<b>Monday</b>	5.45pm	Circuit	510 941 3054	Kel W
<b>Tuesday</b>	6.00am	Band & Core	510 941 3054	Stace
	9.15am	Band & Pilates	510 941 3054	Stace
<b>Wednesday</b>	6.00am	Strength (30 mins)	671 556 0239 Password: fitness	Kel R
<b>Thursday</b>	5.45pm	Boxing	510 941 3054	Stace
<b>Friday</b>	6.00am	Strength (30 mins)	671 556 0239 Password: fitness	Kel R

\*NEW to TERM  
3

*All Zoom sessions are recorded and uploaded to the members Facebook group*