

GROUP CLASS

TWETABLE



ELANORA
Fitness

MONDAY

Pilates 6.30am-7.15am Julia

Strength 9.15am-10am Julia

TUESDAY

Strength 6.30am-7.15am Julia

Circuit Class 9.15am-10am Yamin

WEDNESDAY

Circuit Class 6.30am-7.15am Yamin

Pilates 9.15am-10am Julia

THURSDAY

Strength 6.30am-7.15am Julia

HIIT 9.15am-10am Julia

FRIDAY

HIIT 6.30am-7.15am Yamin

Strength 9.15am-10am Julia

Yoga 9.15am-10.15am Bek/Maria

SATURDAY

Circuit Class 8am-8.45am Yamin

SUNDAY

Yoga 8.30am-9.30am Bek/Maria