

## *Lite* .. Timetable – Year 2 term 1

Please note that all classes will commence week beginning Monday 6<sup>th</sup> September 2010 and run for 6 weeks.

**Enrolment Day for all classes is Saturday 4<sup>th</sup> September 2010 from 10am-4pm – our Lite Health and Beauty Experience day!**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9.00-10.00		9.00- 10.00	9.30 -10.30				
10.00-11.00		Body Conditioning	Stretch 'n' Tone				
11.00–12.00					10.15 – 11.15 Fit Bumps- antenatal exercises	11 – 2.00 - on alternate Saturdays there will be Bootcamp Fitness!	
12.00-13.00					11.30 – 12.30 Pramtastics		
13.15-13.45							
14.30-15.30	Adult Ballroom		1.30-2.30 Lite 50+				
15.45-16.45	Baby Ballroom						
16.45-17.45	Teen 2 Step						
18.00-19.00	6.30 – 7.30 Boxercise	LMays Hip Hop (Age 7- 16)	Little Lites' Exercise	Roisin's Ladies Bootcamp			
19.00-20.00	7.30 – 8.00 Totally Abs	Dance Yourself Fit	Body Blast	Beginner's Pole - Fit	7.00 – 8.30 Musical Acts		
20.00-21.00	Intermed. Polefit	Body Conditioning	Liter Ladies	Beginner's Pole - Fit			