



## Timetable 2023

### Monday

Time	Class	Level	Venue	Trainer/ Instructor	Booking
6pm-7pm	Pole Fitness	Intermediate/Advanced	Gravity Fitness	Emerald	Book In advance
7pm-8pm	Aerial Hoop	Mixed Ability	Gravity Fitness	Olivia	Book in advance
8pm-9pm	Aerial Hoop	Intermediate/Advanced	Gravity Fitness	Lizzie	Book In advance

### Tuesday

Time	Class	Level	Venue	Instructor	Booking
6:30pm-7:30pm	Aerial Hoop	Beginners/ Intermediate	Gravity Fitness	Lauren	Book in advance.
7:30pm-8:30pm	Aerial Hoop	Intermediate/Advanced	Gravity Fitness	Amanda	Book In Advance
7:30pm-8:30pm	Pole Fitness	Beginners/Intermediate	Gravity Fitness	Lauren	Book in Advance

**Wednesday**

Time	Class	Level	Venue	Instructor	Booking
6:30pm-7:30pm	Aerial Hoop	Intermediate/Advanced	Gravity Fitness	Lizzie	Book In advance
7:30pm-8:30pm	Aerial Hoop	Mixed Ability	Gravity Fitness	Lizzie	Book in advance

**Thursday**

Time	Class	Level	Venue	Instructor	Booking
5:30pm-6:30pm	Aerial Hoop	Beginners	Gravity Fitness	Leanna	Book in advance
6:30pm-7:30pm.	Aerial Hoop	Advanced	Gravity Fitness	Lizzie	Book in advance.
7:30pm-8:30pm.	Pole Fitness	Mixed Ability	Gravity Fitness	Emerald	Book in advance.

**Saturday**

Time	Class	Level	Venue	Instructor	Booking
9am-10am	Yoga	Any	Gravity Fitness	Wren	Email <a href="mailto:yogawithwren@hotmail.com">yogawithwren@hotmail.com</a> to book.
10am-12pm (Every last Sat of the month)	Aerial Hoop & Pole Fitness Catch Ups	Any	Gravity Fitness	One of the Gravity Fitness Instructors.	Book In advance