



JULY - SEPTEMBER 2024 TIMETABLE

DATE **TIME** **CLASS** **INSTRUCTOR**

JULY

Monday 1/7	10:30am - 11:30am	Yoga	Lezley
Monday 8/7	10:30am - 11:15am 11:30am - 12:15pm	Zumba Seated Zumba	Kellie
Monday 15/7	10:30am - 11:30am	Yoga	Lezley
Monday 22/7	10:30am - 11:15am 11:30am - 12:15pm	Zumba Seated Zumba	Kellie
Monday 29/7	10:30am-11:30am	Yoga	Lezley

AUGUST

Monday 5/8	10:30am - 11:15am 11:30am - 12:15pm	Zumba Seated Zumba	Kellie
Monday 12/8	10:30am - 11:30am	Yoga	Lezley
Monday 19/8	10:30am - 11:15am 11:30am - 12:15pm	Zumba Seated Zumba	Kellie
Monday 26/8	10:30am - 11:30am	Yoga	Lezley

SEPTEMBER

Monday 2/9	10:30am - 11:15am 11:30am - 12:15pm	Zumba Seated Zumba	Kellie
Monday 9/9	10:30am - 11:30am	Yoga	Lezley
Monday 16/9	10:30am - 11:15am 11:30am - 12:15pm	Zumba Seated Zumba	Kellie
Monday 23/9	10:30am - 11:30am	Yoga	Lezley
Monday 30/9	10:30am - 11:15am 11:30am - 12:15pm	Zumba Seated Zumba	Kellie



OCTOBER - DECEMBER 2024 TIMETABLE

DATE **TIME** **CLASS** **INSTRUCTOR**

OCTOBER

Monday 7/10	King's Birthday	No Class	
Monday 14/10	10:30am - 11:30am	Yoga	Lezley
Monday 21/10	10:30am - 11:15am 11:30am - 12:15pm	Zumba Seated Zumba	Kellie
Monday 28/10	10:30am-11:30am	Yoga	Lezley

NOVEMBER

Monday 4/11	10:30am - 11:15am 11:30am - 12:15pm	Zumba Seated Zumba	Kellie
Monday 11/11	10:30am - 11:30am	Yoga	Lezley
Monday 18/11	10:30am - 11:15am 11:30am - 12:15pm	Zumba Seated Zumba	Kellie
Monday 25/11	10:30am - 11:30am	Yoga	Lezley

DECEMBER

Monday 2/12	10:30am - 11:15am 11:30am - 12:15pm	Zumba Seated Zumba	Kellie
Monday 9/12	10:30am - 11:30am	Yoga	Lezley
Monday 16/12	10:30am - 11:15am 11:30am - 12:15pm	Zumba Seated Zumba	Kellie

**LAST CLASS
OF 2024!**

Bookings essential
thesandssocial.com.au/sfit

Bookings can be made up to 2 weeks in advance

