


MOMENTUM PROGRAMME

Classes run: 23 April – 1 June 2012

 All aerobics classes are included in Fitness Centre membership

 Dance and well being classes are not included in Fitness Centre membership.

Monday	5.00–6.00pm	Kids Bollywood (external)			Karan	9
	6.00–7.00pm	Energiser			Jo	
	7.00–8.00pm	Bollywood (beginners)*			Karan	
	8.00–9.00pm	Bollywood (improvers)*			Karan	
Tuesday	5.00–6.00pm	Pilates (all levels)			Angella	
Wednesday	8.15–9.45pm	Self Defense (Aikido)*			Fernando	
Thursday	5.30–6.30pm	Capoeira (beginners)			Marcus	
	6.30–8.00pm	Power Yoga (All levels)*			Andrew	
	8.00–9.30pm	Capoeira (improvers)			Marcus	
Friday	12.30–1.00pm	Fab Abs			Adam	
	1.00–1.45pm	Power Pump			Adam	

* Bollywood, Capoeira, Power Yoga and Self Defense classes are privately run, however, they are still open to students and staff. Please make payments directly to the instructor.

 Low Impact  Medium Impact  High Impact  Aerobic  Dance and Well being