

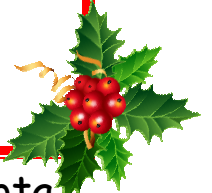
AEROBICS

From **Friday 13 November** only one lunchtime class from 12.15 - 1.05pm which is Step Aerobics

- Monday 7 December 9.15am FILL class Sarah is covering for Carlota
- Friday 11 December 12.15pm class is CANCELLED ~ No instructor
- Friday 11 December 5.30pm & 6.30pm classes are being covered by Sarah
 - (6.30pm class is aerobics not Zumba)
- Saturday 12 December 10am & 11 am classes are CANCELLED ~ No Instructor
- Wednesday 16 December 12.15pm & 1.10pm classes are CANCELLED ~ No Instructor
- Friday 18 December all classes are being covered by Kathryn



Christmas closure:-
Last classes on Friday 18 December 2009
Classes resume on:-
Monday 4 January 2010



- Monday 4 January 9.15am Lou is covering for Carlota
 - Friday 8 January 12.15pm class is cancelled