



**Exercise Classes Timetable**  
(updated 10/08/2023)

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning Classes</b>				
<b>7.30</b> Active Elite David	<b>7.30</b> Active Advanced David		<b>7.30</b> Active Advanced Fiona	
<b>9.00</b> Active Foundation David			<b>9.00</b> Active Elite Fiona	<b>9.00</b> Active Advanced Rachael
	<b>10.15</b> Active Intermediate Rachael		<b>10.15</b> Active Advanced Fiona	<b>10.15</b> Be Active Rachael
<b>11.30</b> Be Active David		<b>11.30</b> Active Advanced David	<b>11.30</b> Active Intermediate Fiona	<b>11.30</b> Active Intermediate Rachael
<b>11.30</b> Rehab Class Matt IN GYM ONLY		<b>11.30</b> Rehab Class Matt IN GYM ONLY		
<b>Afternoon/Evening Classes:</b>				
<b>12.45</b> Active Intermediate Gabrielle				
<b>2.45</b> POWer closed class Gabrielle/Matt		<b>3.45</b> POWer closed class Gabrielle/Matt	<b>4.30</b> Active Fusion Gabrielle	
<b>6.00</b> Active Advanced Gabrielle		<b>6.00</b> Active Advanced David		

**Where: Intercontinental Hotel 5/33 Cross St, Double Bay NSW 2028 PH: 9363 0490**