

MIND BODY							
MIND BODY STUDIO	2-Aug-10	3-Aug-10	4-Aug-10	5-Aug-10	6-Aug-10	7-Aug-10	8-Aug-10
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30am	Nadia Hatha 60 mins	Mayumi Ashtanga 60 mins	Yuki Hatha 60 mins	Trevor Ashtanga 60 mins	Nadia Hatha 60 mins		
8:00am						Margaret Iyengar 90 mins	Janet Pilates Mat
8:30am	Karl Pilates Mat 60 mins	Rachel Pilates Mat 60 mins	June Iyengar 60 mins	Nicki Pilates Mat 60 mins	Elisha Pilates Mat 60 mins		
9:30am	Susanna Hatha 60 mins	Emma H Yoga 60 mins	Susanna Hatha 60 mins	Margaret Iyengar 60 mins	Yuki Hatha 60 mins	Nadia Hatha 60 mins	Yuki Ashtanga 60 mins
10:30am			Janet Pilates Mat 60 mins			Nadia Ashtanga 60 mins	Yuki Meditation*
11:15am					Yuki Yoga		Colleen 11:00am Prenatal Yoga
1:00pm	Yuki Yoga			Anita Yoga			
4:30pm						Trevor Ashtanga Intrm/Adv 90 mins	Andrea Hatha 60 mins
5:30pm	Lou Lou Pilates Mat 60 mins	Kiren Hatha 60 mins	Susanna Hatha 60 mins	Yuki Yoga 60 mins	Susanna Hatha 60 mins		
6:30pm	Yuki Ashtanga 90 mins	Melanie Pilates Mat 60 mins	Margaret * Advanced Iyengar 90 mins	Ashlea Pilates Mat 60 mins	Susanna Yoga 75 mins		
7:30pm		Andrea Hatha 60 mins					

PILATES GROUP REFORMER							
CENTRAL STUDIO	2-Aug-10	3-Aug-10	4-Aug-10	5-Aug-10	6-Aug-10	7-Aug-10	8-Aug-10
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30am	Lou Lou GRC	Elisha GRC	Rachel GRC	Ashlea GRC	Rachel GRC		
7:15am	Lou Lou GRC	Elisha GRC	Rachel GRC	Ashlea GRC	Rachel GRC		
8:30am	Elisha GRC	Nicki GRC	Karl GRC	Melanie GRC	Jodie GRC	Elisha 8:00am - GRC	
8:45am						Elisha GRC	Kimberly GRC
9:30am	Elisha GRC	Nicki GRC	Karl GRC	Melanie GRC	Jodie GRC	Ashlea GRC	Kimberly GRC
10:15am	Elisha GRC	Carlie GRC	Karl GRC	Melanie GRC	Jodie GRC	Ashlea GRC	Kimberly GRC
11:00am						Ashlea GRC	
12:15pm	Jennifer C GRC	Nicki GRC	Karl GRC	Nicki GRC	Marian GRC		
1:00pm	Jennifer C GRC	Jodie GRC	Karl GRC	Nicki GRC	Marian GRC		
4:45pm	Lou Lou GRC	Kate GRC	Marian GRC	Ashlea GRC	Jennifer C GRC	Ashlea 4:15pm - GRC	Karl 4:15pm - GRC
5:30pm	Jennifer C GRC	Kate GRC	Kate GRC	Jodie GRC	Melanie GRC	Ashlea 5:00pm - GRC	Karl 5:00pm - GRC
6:15pm	Jennifer C GRC	Kate GRC	Kate GRC	Jodie GRC	Melanie GRC	Ashlea 5:45pm - GRC	Karl 5:45pm - GRC
7:00pm	Jennifer C GRC		Kate GRC				

PILATES GROUP REFORMER							
BRONTE STUDIO	2-Aug-10	3-Aug-10	4-Aug-10	5-Aug-10	6-Aug-10	7-Aug-10	8-Aug-10
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30am			Jo GRC				
7:15am		Rachel GRC	Jo GRC				
8:45am	Marian GRC	Carlie GRC	Jodie GRC				
9:30am	Marian GRC	Rachel * Advanced GRC	Jodie GRC	Nicki GRC	Elisha GRC	Nicki 9:00am - GRC	Janet 9:00am - GRC
9:45am						Nicki GRC	Janet GRC
10:30am	Karl Prenatal Pilates	Jennifer C GRC	Lou Lou Prenatal Pilates		Elisha Prenatal Pilates	Nicki GRC	Janet GRC
11:30am						Nicki Prenatal Pilates	
5:00pm	Marian GRC	Melanie GRC	Karl GRC				
5:45pm	Marian GRC	Melanie GRC	Karl GRC	Ashlea GRC	Jennifer C GRC		
6:30pm	Marian GRC	Carlie GRC	Karl GRC	Marian GRC			
7:15pm		Carlie GRC					

REAL FITNESS							
MAIN STUDIO	2-Aug-10	3-Aug-10	4-Aug-10	5-Aug-10	6-Aug-10	7-Aug-10	8-Aug-10
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30am		Rachel Pilates Mat					
8:00am						Ashlea Pilates Mat 60 mins	
9:00am						Richard Real Fitness Kickboxing 60 mins	
9:30am	Manu Power 60 mins	MJ Real Fitness Kickboxing 60 mins	MJ Power 60 mins	Michael Real Fitness Kickboxing 60 mins	Alexandra Rise Up 60 mins		Alexandra Power 60 mins
10:00am						MJ Power 60 mins	
10:30am	Marian Lo Move 60 mins		Avril Lo Move 60 mins	Marian Lo Move 60 mins			
5:00pm						Rob Real Fitness Kickboxing	
5:30pm	Paul Real Fitness Kickboxing 60 mins	MJ Power 60 mins	Rob Real Fitness Kickboxing 60 mins	Gretchen Power 60 mins	Michael Real Fitness Kickboxing		
6:30pm	Michael Real Fitness Kickboxing 60 mins	MJ Real Fitness Kickboxing 60 mins	Alexandra Power 60 mins	Dennan Real Fitness Kickboxing 60 mins			
7:30pm		Colleen Prenatal Yoga 60 mins					

REAL SPIN							
CYCLE STUDIO	2-Aug-10	3-Aug-10	4-Aug-10	5-Aug-10	6-Aug-10	7-Aug-10	8-Aug-10
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15am	Nathan Spin	Gretchen Spin	MJ Spin	James Spin	MJ Spin		
7:00am						Ruben 7:15am Spin	
8:15am						Marian Spin	
8:30am	Phoebe Spin		Phoebe Spin	Alexandra Spin	Nina Spin		
9:00am						MJ Spin	Nathan Spin
9:30am	Phoebe Spin	Marian Spin		Marian Spin			
9:45am							Nathan Spin
4:15pm						Kirstie Spin	Alexandra 4:15pm Spin
5:00pm	Phoebe Spin		Alexandra Spin				
5:45pm	Nathan Spin	Ruben Spin	Ruben Spin	Kirstie Spin	Nathan Spin		
6:45pm	Phoebe Spin	Phoebe Spin	Nathan Spin	Nathan Spin			

AQUA AND SWIM PROGRAM							
POOL	2-Aug-10	3-Aug-10	4-Aug-10	5-Aug-10	6-Aug-10	7-Aug-10	8-Aug-10
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15am					Tyler Adult Swim Fitness Squad 60 mins		
9:00am	Claire/Tyler Parent & Toddler P&T 120 mins	8.30am Waves 120 mins	Clare Parent & Toddler P&T 120 mins	Victoria Parent & Toddler P&T 120 mins	Claire/Tyler Parent & Toddler P&T 90 mins		Claire/Tyler Parent & Toddler P&T 90 mins
10:00am						Alexandra Aqua	
11:15am		Lisa Aqua	Lisa Aqua	Gretchen Aqua	Alexandra Aqua		
12:00pm		Lisa Adult Swim Fitness Squad 60 mins	Lisa Adult Swim Fitness Squad 60 mins				
3:30pm	Clare/ David/ Tyler School age LTS 120 mins	Clare/ Jen/ Victoria School age LTS 120 mins	Alana/David/Lisa School age LTS 150 mins	David/Lisa/Tyler School age LTS 150 mins	Ben/ Clare/ Lee School age LTS 120 mins		
6:00pm	Lisa Adult LTS			Lisa Adult LTS			
6:30pm	Lisa Adult Swim Fitness Squad 60 mins			Lisa Adult Squad/Stoke Correct 60 mins			

*Swim School - additional fees apply for Members and Non-members. To enrol contact (02) 8113 8800 or swimschool@elixr.com.au

*Meditation – it is a class pre-requisite to attend the Beginners Introductory Course on Meditation. To enrol contact (02) 8113 8800 or education@elixr.com.au

*Advanced – by invitation only – instructor must be satisfied that member is experienced for safety and progression purposes

Classes and/or Instructors subject to change without notice

Feedback Is Important

We thrive on feedback. At all times we actively encourage our members and guests who have experienced our services or facilities to provide honest and constructive feedback, comments and suggestions. If you have any feedback relating to our timetable please email:

Richard Chew at richardc@elixr.com.au

OPENING HOURS

Mon to Thurs: 6.00am to 9.00pm; Friday: 6.00am to 8.00pm; Saturday: 7.00am to 7.00pm; Sunday: 7.00am to 7.00pm; Public Holidays: TBA
L2, 9 Bronte Road BONDI JUNCTION NSW 2022 t: 02 8113 8800 w: elixr.com.au