

<b>MIND BODY</b>							
<b>MIND BODY STUDIO</b>	<b>26-Jul-10</b>	<b>27-Jul-10</b>	<b>28-Jul-10</b>	<b>29-Jul-10</b>	<b>30-Jul-10</b>	<b>31-Jul-10</b>	<b>1-Aug-10</b>
	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
6:30am	<b>Nadia</b> Hatha 60 mins	<b>Mayumi</b> Ashtanga 60 mins	<b>Yuki</b> Hatha 60 mins	<b>Trevor</b> Ashtanga 60 mins	<b>Nadia</b> Hatha 60 mins		
8:00am						<b>Margaret</b> Iyengar 90 mins	<b>Janet</b> Pilates Mat
8:30am	<b>Karl</b> Pilates Mat 60 mins	<b>Rachel</b> Pilates Mat 60 mins	<b>June</b> Iyengar 60 mins	<b>Nicki</b> Pilates Mat 60 mins	<b>Elisha</b> Pilates Mat 60 mins		
9:30am	<b>Susanna</b> Hatha 60 mins	<b>Emma H</b> Yoga 60 mins	<b>Susanna</b> Hatha 60 mins	<b>Margaret</b> Iyengar 60 mins	<b>Yuki</b> Hatha 60 mins	<b>Nadia</b> Hatha 60 mins	<b>Yuki</b> Ashtanga 60 mins
10:30am			<b>Janet</b> Pilates Mat 60 mins			<b>Nadia</b> Ashtanga 60 mins	<b>Yuki</b> Meditation*
11:15am					<b>Yuki</b> Yoga		<b>Colleen</b> 11:00am Prenatal Yoga
1:00pm	<b>Yuki</b> Yoga			<b>Simone</b> Yoga			
4:30pm						<b>Nadia</b> Ashtanga Intrm/Adv 90 mins	<b>Susanna</b> Hatha 60 mins
5:30pm	<b>Katharine</b> Pilates Mat 60 mins	<b>Kiren</b> Hatha 60 mins	<b>Susanna</b> Hatha 60 mins	<b>Yuki</b> Yoga 60 mins	<b>Susanna</b> Hatha 60 mins		
6:30pm	<b>Emma S</b> Ashtanga 90 mins	<b>Melanie</b> Pilates Mat 60 mins	<b>Margaret</b> * Advanced Iyengar 90 mins	<b>Lou Lou</b> Pilates Mat 60 mins	<b>Susanna</b> Yoga 75 mins		
7:30pm		<b>Andrea</b> Hatha 60 mins					

<b>PILATES GROUP REFORMER</b>							
<b>CENTRAL STUDIO</b>	<b>26-Jul-10</b>	<b>27-Jul-10</b>	<b>28-Jul-10</b>	<b>29-Jul-10</b>	<b>30-Jul-10</b>	<b>31-Jul-10</b>	<b>1-Aug-10</b>
	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
6:30am	<b>Lou Lou</b> GRC	<b>Elisha</b> GRC	<b>Rachel</b> GRC	<b>Carlie</b> GRC	<b>Rachel</b> GRC		
7:15am	<b>Lou Lou</b> GRC	<b>Elisha</b> GRC	<b>Rachel</b> GRC	<b>Carlie</b> GRC	<b>Rachel</b> GRC		
8:30am	<b>Katharine</b> GRC	<b>Nicki</b> GRC	<b>Karl</b> GRC	<b>Melanie</b> GRC	<b>Jodie</b> GRC	<b>Rachel</b> 8:00am - GRC	
8:45am						<b>Rachel</b> GRC	<b>Kimberly</b> GRC
9:30am	<b>Katharine</b> GRC	<b>Nicki</b> GRC	<b>Karl</b> GRC	<b>Melanie</b> GRC	<b>Jodie</b> GRC	<b>Carlie</b> GRC	<b>Kimberly</b> GRC
10:15am	<b>Katharine</b> GRC	<b>Rachel</b> GRC	<b>Karl</b> GRC	<b>Melanie</b> GRC	<b>Jodie</b> GRC	<b>Carlie</b> GRC	<b>Kimberly</b> GRC
11:00am						<b>Carlie</b> GRC	
12:15pm	<b>Jennifer C</b> GRC	<b>Nicki</b> GRC	<b>Karl</b> GRC	<b>Nicki</b> GRC	<b>Marian</b> GRC		
1:00pm	<b>Jennifer C</b> GRC	<b>Jodie</b> GRC	<b>Karl</b> GRC	<b>Nicki</b> GRC	<b>Marian</b> GRC		
4:45pm	<b>Katharine</b> GRC	<b>Katharine</b> GRC	<b>Marian</b> GRC	<b>Lou Lou</b> GRC	<b>Jennifer C</b> GRC	<b>Jo</b> 4:15pm - GRC	<b>Karl</b> 4:15pm - GRC
5:30pm	<b>Jennifer C</b> GRC	<b>Katharine</b> GRC	<b>Kate</b> GRC	<b>Jodie</b> GRC	<b>Melanie</b> GRC	<b>Jo</b> 5:00pm - GRC	<b>Karl</b> 5:00pm - GRC
6:15pm	<b>Jennifer C</b> GRC	<b>Katharine</b> GRC	<b>Kate</b> GRC	<b>Jodie</b> GRC	<b>Melanie</b> GRC	<b>Jo</b> 5:45pm - GRC	<b>Karl</b> 5:45pm - GRC
7:00pm	<b>Jennifer C</b> GRC		<b>Kate</b> GRC				

<b>PILATES GROUP REFORMER</b>							
<b>BRONTE STUDIO</b>	<b>26-Jul-10</b>	<b>27-Jul-10</b>	<b>28-Jul-10</b>	<b>29-Jul-10</b>	<b>30-Jul-10</b>	<b>31-Jul-10</b>	<b>1-Aug-10</b>
	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
6:30am			<b>Jo</b> GRC				
7:15am		<b>Rachel</b> GRC	<b>Jo</b> GRC				
8:45am	<b>Marian</b> GRC	<b>Carlie</b> GRC	<b>Marian</b> GRC				
9:30am	<b>Marian</b> GRC	<b>Rachel</b> * Advanced GRC	<b>Marian</b> GRC	<b>Nicki</b> GRC	<b>Elisha</b> GRC	<b>Jo</b> 9:00am - GRC	<b>Janet</b> 9:00am - GRC
9:45am						<b>Jo</b> GRC	<b>Janet</b> GRC
10:30am	<b>Karl</b> Prenatal Pilates	<b>Julia</b> GRC	<b>Lou Lou</b> Prenatal Pilates		<b>Elisha</b> Prenatal Pilates	<b>Jo</b> GRC	<b>Janet</b> GRC
11:30am						<b>Jo</b> Prenatal Pilates	
5:00pm	<b>Marian</b> GRC	<b>Melanie</b> GRC	<b>Karl</b> GRC				
5:45pm	<b>Marian</b> GRC	<b>Melanie</b> GRC	<b>Karl</b> GRC	<b>Lou Lou</b> GRC	<b>Jennifer C</b> GRC		
6:30pm	<b>Marian</b> GRC	<b>Jo</b> GRC	<b>Karl</b> GRC	<b>Jo</b> GRC			
7:15pm		<b>Jo</b> GRC					

REAL FITNESS							
MAIN STUDIO	26-Jul-10	27-Jul-10	28-Jul-10	29-Jul-10	30-Jul-10	31-Jul-10	1-Aug-10
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30am		<b>Rachel</b> Pilates Mat					
8:00am						<b>Carlie</b> Pilates Mat 60 mins	
9:00am						<b>Richard</b> Real Fitness Kickboxing 60 mins	
9:30am	<b>Manu</b> Power 60 mins	<b>MJ</b> Real Fitness Kickboxing 60 mins	<b>MJ</b> Power 60 mins	<b>Michael</b> Real Fitness Kickboxing 60 mins	<b>Alexandra</b> Rise Up 60 mins		<b>Alexandra</b> Power 60 mins
10:00am						<b>MJ</b> Power 60 mins	
10:30am	<b>Marian</b> Lo Move 60 mins		<b>Avril</b> Lo Move 60 mins	<b>Marian</b> Lo Move 60 mins			
4:00pm						<b>Ramon</b> Syd Dance Co Funk Class 60 mins	
5:00pm						<b>Rob</b> Real Fitness Kickboxing	
5:30pm	<b>David</b> Real Fitness Kickboxing 60 mins	<b>MJ</b> Power 60 mins	<b>Richard</b> Real Fitness Kickboxing 60 mins	<b>Lisa</b> Power 60 mins	<b>Michael</b> Real Fitness Kickboxing		
6:30pm	<b>Michael</b> Real Fitness Kickboxing 60 mins	<b>MJ</b> Real Fitness Kickboxing 60 mins	<b>Alexandra</b> Power 60 mins	<b>Dennan</b> Real Fitness Kickboxing 60 mins			
7:30pm		<b>Colleen</b> Prenatal Yoga 60 mins					

REAL SPIN							
CYCLE STUDIO	26-Jul-10	27-Jul-10	28-Jul-10	29-Jul-10	30-Jul-10	31-Jul-10	1-Aug-10
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15am	<b>Nathan</b> Spin	<b>Alexandra</b> Spin	<b>MJ</b> Spin	<b>Kirstie</b> Spin	<b>MJ</b> Spin		
7:00am						<b>Phoebe</b> 7:15am Spin	
8:15am						<b>Marian</b> Spin	
8:30am	<b>Phoebe</b> Spin		<b>Phoebe</b> Spin	<b>Alexandra</b> Spin	<b>Nina</b> Spin		
9:00am						<b>MJ</b> Spin	<b>Nathan</b> Spin
9:30am	<b>Phoebe</b> Spin	<b>Marian</b> Spin		<b>Marian</b> Spin			
9:45am							<b>Nathan</b> Spin
4:15pm						<b>Phoebe</b> Spin	<b>Alexandra</b> 4:15pm Spin
5:00pm	<b>Phoebe</b> Spin		<b>Alexandra</b> Spin				
5:45pm	<b>Nathan</b> Spin	<b>Phoebe</b> Spin	<b>Ruben</b> Spin	<b>Kirstie</b> Spin	<b>Nathan</b> Spin		
6:45pm	<b>Phoebe</b> Spin	<b>Phoebe</b> Spin	<b>Nathan</b> Spin	<b>Nathan</b> Spin			

AQUA AND SWIM PROGRAM							
POOL	26-Jul-10	27-Jul-10	28-Jul-10	29-Jul-10	30-Jul-10	31-Jul-10	1-Aug-10
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15am					<b>Tyler</b> Adult Swim Fitness Squad 60 mins		
9:00am	<b>Claire/Tyler</b> Parent & Toddler P&T 180 mins	<b>8.30am</b> Waves 120 mins	<b>Clare</b> Parent & Toddler P&T 120 mins	<b>Victoria</b> Parent & Toddler P&T 120 mins	<b>Claire/Tyler</b> Parent & Toddler P&T 150 mins		<b>Claire/Tyler</b> Parent & Toddler P&T 120 mins
10:00am						<b>Alexandra</b> Aqua	
11:15am		<b>Marian</b> Aqua	<b>Marian</b> Aqua	<b>Lina</b> Aqua	<b>Alexandra</b> Aqua		
12:00pm		<b>Lisa</b> Adult Swim Fitness Squad 120 mins	<b>Lisa</b> Adult Swim Fitness Squad 120 mins				
3:00pm	<b>Clare/ David/ Tyler</b> School age LTS 180 mins	<b>Clare/ Jen/ Victoria</b> School age LTS 180 mins	<b>Alana/David/Lisa</b> School age LTS 180 mins	<b>David/Lisa/Tyler</b> School age LTS 180 mins	<b>Ben/Clare/Tyler</b> School age LTS 180 mins		
6:00pm	<b>Lisa</b> Adult LTS			<b>Lisa</b> Adult LTS			
6:30pm	<b>Lisa</b> Adult Swim Fitness Squad 60 mins			<b>Lisa</b> 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