

<b>MIND BODY</b>							
<b>YOGA 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>
6:45am	<b>Andrea</b> Hatha 75 mins		<b>Stella</b> Hatha 75 mins				
8:00am						<b>Yuki</b> 10:00am - Hatha 90 mins	
12:00pm	<b>Nadia</b> Hatha 60 mins	<b>Susanna</b> Hatha 60 mins	<b>Susanna</b> Hatha 60 mins	<b>Yuki</b> Hatha 60 mins			
1:00pm	<b>Nadia</b> Ashtanga 60 mins	<b>Susanna</b> Hatha 60 mins	<b>Susanna</b> Ashtanga 60 mins		<b>Andrea</b> Hatha 60 mins		
4:30pm	<b>Susanna</b> Hatha 60 mins						
5:30pm			<b>Nadia</b> Hatha 60 mins		<b>Nadia</b> Hatha 75 mins		
6:30pm	<b>Nadia</b> Ashtanga 75 mins	<b>Susanna</b> Hatha 75 mins	<b>Nadia</b> Ashtanga 75 mins	<b>Stella</b> Hatha 75 mins			

<b>PILATES GROUP REFORMER</b>							
<b>PILATES 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>
7:15am	<b>Jo</b> GRC	<b>Karl</b> GRC	<b>Lou Lou</b> GRC	<b>Julia</b> GRC	<b>Jennifer C</b> GRC	<b>Kate</b> 8:15am GRC	
7:30am						<b>Kate</b> 10:00am - GRC	
11:30am	<b>Jo</b> GRC	<b>Lou Lou</b> GRC	<b>Melanie</b> GRC	<b>Barbara</b> GRC	<b>Melanie</b> GRC		
12:15pm	<b>Jo</b> GRC	<b>Rachel</b> GRC	<b>Melanie</b> GRC	<b>Katharine</b> * Advanced GRC	<b>Kate</b> GRC		
1:00pm	<b>Katharine</b> GRC	<b>Barbara</b> GRC	<b>Elisha</b> GRC	<b>Barbara</b> GRC	<b>Kate</b> GRC		
1:45pm	<b>Jo</b> GRC	<b>Barbara</b> GRC	<b>Melanie</b> GRC				
4:30pm	<b>Elisha</b> GRC	<b>Lou Lou</b> GRC	<b>Karina</b> GRC				
5:15pm	<b>Barbara</b> GRC	<b>Karl</b> GRC	<b>Elisha</b> GRC	<b>Barbara</b> GRC	<b>Kimberly</b> GRC		
6:00pm	<b>Barbara</b> GRC	<b>Karl</b> GRC	<b>Elisha</b> * Advanced GRC	<b>Barbara</b> GRC	<b>Kimberly</b> GRC		
6:45pm	<b>Barbara</b> GRC	<b>Karl</b> GRC	<b>Elisha</b> GRC	<b>Karl</b> GRC			

<b>REAL FITNESS KICKBOXING</b>							
<b>RFK 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>
9:00am						<b>Kate</b> Pilates Mat 60 mins	
12:15pm	<b>Katharine</b> Pilates Mat	<b>Lou Lou</b> Pilates Mat	<b>Elisha</b> Pilates Mat	<b>Barbara</b> Pilates Mat	<b>Melanie</b> Pilates Ring & Roller		
1:00pm		<b>Rachel</b> Pilates Mat 60 mins		<b>Katharine</b> Pilates Mat 60 mins			
5:30pm	<b>Elisha</b> Pilates Mat 60 mins	<b>Lou Lou</b> Pilates Mat 60 mins	<b>David</b> Real Fitness Kickboxing 60 mins	<b>Karl</b> Pilates Ring & Roller 60 mins			
6:30pm	<b>David</b> Real Fitness Kickboxing 60 mins	<b>Paul</b> Real Fitness Kickboxing 60 mins	<b>Dennan</b> Real Fitness Kickboxing 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:

Rachel Crompton - Group Exercise Director - Bligh St CBD (Wentworth) at rachel@elixr.com.au

**OPENING HOURS**

Monday - Thursday: 6.00am-8.30pm; Friday: 6.00am-8.00pm; Saturday: 7.30am-12.00pm; Sunday: Closed; Public Holidays: TBA  
27 Park Street SYDNEY NSW 2000 t: 02 8113 1100 w: elixr.com.au