

Club Mandalay Class Timetable



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
GROUP FITNESS CLASSES	6.15am	Boxing Circuit Phil	Boxing Circuit Kim				
	8.00am					Spin Phil Free Class for July	
	9.30am			Mums and Bubs Free Phil	Thursday Surprise Emma	Abs, Butts & Thighs	
	12.30pm		Seniors Strength Free Emma			Mums and Bubs Free Emma	
	3.00pm					Pilates \$15 Sandi	
	3.30pm & 4.30pm	Junior Gym 4.30pm-5.30pm Free Casey	Teen Gym 3.30pm - 5.30pm Free Casey	Junior Gym 4.30pm-5.30pm Free Casey	Teen Gym 3.30pm- 5.30pm Free Phil		
	7pm	Fitness Circuit Casey	Abs, Butts & Thighs Casey	RIP \$10 Joanne	Spin Phil Free Class for July		
All classes are \$5 unless stated otherwise for specialty class. All classes can be booked by calling reception on 9037 3700 or visiting www.clubmandalay.com.au							
TENNIS	9.30am						Tennis Lessons
	3.30pm		Tennis Lessons				
	11.30am		Show Court Tennis bookings - doug@showcourttennis.com				Cardio Tennis
POOL							
<u>SWIMMING LESSONS COMMENCE TERM 4 2018</u>							

* All classes are subject to change without notice. Classes that have been cancelled will be rearranged for a future date.