

<p style="text-align: center;">Monday Classes</p>		<p>Kickboxing 6-30 – 7-30pm</p> <p>A fat burning cardio blitz, incorporating body weight exercises and using pads for punching and kicking for a stress-relieving workout!</p> <p>Instructor – Q-ell</p>	
<p style="text-align: center;">Tuesday Classes</p>		<p>Yoga 6.00 – 7.15pm/7.15pm – 8.30pm</p> <p>A relaxing yet challenging discipline, Hatha yoga can improve poise, respiration and flexibility.</p> <p>Instructor – Rosaleen</p>	
<p style="text-align: center;">Wednesday Classes</p>		<p>Stretch & Tone – 12.10 – 12.55pm</p> <p>Total mobilization of the body followed by core conditioning exercise to help improve strength and tone of the abdominals and back.</p> <p>Instructor - Sally</p>	<p>Tai Chi 6 30 – 7.30/7.30-8.30pm</p> <p>The ancient Chinese martial art, famed for it's calm inducing benefits. Also a proficient self-defence discipline, excellent for confidence building.</p> <p>Instructor - Andy</p>
<p style="text-align: center;">Thursday Classes</p>		<p>Kickboxing 6-30pm – 7-30pm</p> <p>A fat burning cardio blitz, incorporating body weight exercises and using pads for punching and kicking for a stress-relieving workout!</p> <p>Instructor – Q-ell</p>	
<p style="text-align: center;">Friday Classes</p>	<p>Cardiac rehab 10am – noon</p> <p>G.P referral only</p>	<p style="text-align: center;">Friday Classes</p>	
<p style="text-align: center;">Saturday Classes</p>	<p style="text-align: center;">NEW!!! Introduction to Free Weights 11 –11.45am</p> <p>Learn correct technique for muscle building and toning.</p> <p>Instructor – John</p>	<p>Please note: only Four (4) person(s) At a time for free weights workout. Booking essential.</p>	<p style="text-align: center;">Saturday Classes</p>