

BE BOLD. BE STRONG. BELONG.

CIRCUS	
Monday	
7.30 PM	Hoop (Beg) # (Robbie) 55 mins
8.30 PM	Hammock (Adv) (JessW) 55 mins
Tuesday	
7.30 PM	Intro to Aerials # (Saari) 55 mins
8.30 PM	Hammock (Beg) (Robbie) 55 mins
Wednesday	
1.45 PM	Intro to Aerials # (Saari) 55 mins
7.30 PM	Trapeze (Int) (Robbie) 55 mins
8.30 PM	Hammock (Int) (JessB) 55 mins
Thursday	
5.30 PM	Silks (Int) (Emily) 55 mins
6.30 PM	Tumbling and Acro (Taylah) 55 mins
6.30 PM	Silks (Adv) (Amanda) 55 mins
7.30 PM	Hoop (Adv) (Amanda) 55 mins
8.30 PM	Intro to Aerials # (Robbie) 55 mins
Friday	
7.00 AM	Hammock (Adv) (JessW) 55 mins
5.30 PM	Intro to Aerials # (Taylah) 55 mins
5.45 PM	Circus Skills (Robbie) 45 mins
6.30 PM	Aerial Doubles (Emily & Robbie) 55 mins
Saturday	
10.00 AM	Intro to Aerials # (Saari) 55 mins
11.00 AM	Hoop (Int) (Amanda) 55 mins
12.00 PM	Silks (Beg) # (Amanda) 55 mins
Sunday	
10.00 AM	Aerial Conditioning (Saari) 55 mins
11.00 AM	Intro to Aerials (Saari) 55 mins

DANCE	
Monday	
11.45 AM	AussieTwerk ® (Choo) 55 mins
5.30 PM	BunZee Dance # (Saari) 55 mins
7.30 PM	Burlesque (Maddy) 55 mins
8.30 PM	Commercial (Maddy) 55 mins
Tuesday	
11.00 AM	Chair Dance (Choo) 55 mins
6.30 PM	Jazz (Jennifer) 55 mins
7.30 PM	Tap (Jennifer) 55 mins
7.30 PM	Hip Hop (Maddy) 55 mins
8.30 PM	AussieTwerk ® (Choo) 55 mins
Wednesday	
5.30 PM	Ballet # (Emily) 55 mins
5.30 PM	Lyrical (Maddy) 55 mins
8.30 PM	Contemporary (Robbie) 55 mins
Thursday	
11.30 AM	Burlesque (Saari) 55 mins
6.30 PM	Vintage Dolls (Robbie) 55 mins
8.30 PM	Sexy Heels (Maddy) 55 mins
Friday	
6.30 PM	Dramatic Dance (Gabby) 55 mins
7.30 PM	BunZee Dance (Robbie) 55 mins
8.30 PM	Dance Practice (Robbie) 55 mins
Saturday	
10.00 AM	Dance Technique (Jennifer) 55 mins
Sunday	
11.00 AM	R 'n B (Niki) 55 mins
12.00 PM	Expressive Dance (Emily) 45 mins
6.00 PM	BunZee Dance # (Gabby) 55 mins

FITNESS	
Monday	
9.30 AM	Body Burn (Choo) 30 mins
11.00 AM	IncluZFit (JessW) 45 mins
4.45 PM	Pound ® (Saari) 45 mins
5.45 PM	Cardio Circuit (Rhi) 45 mins
6.30 PM	Sculpt (Lizzie) 55 mins
Tuesday	
9.30 AM	Zumba Gold ® (Saari) 45 mins
12.00 PM	BunZee Fitness (Saari) 55 mins
5.45 PM	Zumba (Bec) 45 mins
Wednesday	
9.30 AM	Pound ® (Saari) 45 mins
11.00 AM	IncluZFit (Robbie) 45 mins
6.30 PM	Zumba Mix (Liana) 55 mins
7.30 PM	Barre Fitness (Jacqui) 55 mins
Thursday	
9.30 AM	Zumba Toning ® (Choo) 55 mins
1.30 PM	Gentle BunZee (Saari) 55 mins
7.30 PM	Challenge (TBA) 55 mins <i>Starts 7th of February</i>
Friday	
9.30 AM	Zumba ® Step (Liana) 55 mins
11.00 AM	IncluZFit (Bec) 45 mins
5.30 PM	BunZee Fitness (Rhi) 55 mins
Saturday	
8.00 AM	BunZee Fitness (Saari) 55 mins
9.00 AM	Barre Fitness (Jacqui) 55 mins



POLE	
Monday	
12.00 PM	Pole Fit # (Saari) 55 mins
1.45 PM	Pole Mix (Saari) 55 mins
6.30 PM	Pole Beginner # (Saari) 55 mins
7.30 PM	Pole Level 2/3 (Saari) 55 mins
8.30 PM	Pole Beginner # (Robbie) 55 mins
Tuesday	
10.00 AM	Pole Choreography (Nina) 55 mins
5.30 PM	Pole Elite (Nina) 55 mins
6.30 PM	Pole Level 5/6 (Nina) 55 mins
8.30 PM	Pole Performance (Nina) 55 mins
Wednesday	
5.30 PM	Pole Beginner # (Nina) 55 mins
6.30 PM	Pole Spin (Adv) (Nina) 55 mins
7.30 PM	Pole Level 4/5 (Gabby) 55 mins
8.30 PM	Pole Flow (Nina) 55 mins
Thursday	
10.30 AM	Pole Mix (Saari) 55 mins
5.30 PM	Pole Fit (Nina) 55 mins
6.30 PM	Pole Beginner # (Jacqui) 55 mins
7.30 PM	Pole Level 2 (Nina) 55 mins
8.30 PM	Pole Spin (Beg) # (Nina) 55 mins
Friday	
11.00 AM	Pole Level 8 (Nina) 55 mins
6.30 PM	Curvy Pole (Choo) 55 mins
7.30 PM	Pole Level 4 (Choo) 55 mins
8.30 PM	Pole Level 3 (Gabby) 55 mins
Saturday	
12.00 PM	Pole Beginner # (Nina) 55 mins
Sunday	
12.00 PM	Pole Beginner # (Gabby) 55 mins

WELLBEING	
Monday	
6.30 PM	Aerial Yoga # (Robbie) 55 mins
Tuesday	
10.15 AM	Stretch (Saari) 45 mins
7.30 PM	Bendy Back & Shoulders (Nina) 55 mins
Wednesday	
12.00 PM	Yoga & Meditation (Robbie) 55 mins
5.45 PM	Yoga (Robbie) 55 mins
Thursday	
10.30 PM	Mum & Bub Hammock # (Robbie) 55 mins
12.30 PM	Kanga # (Bec) 55 mins <i>Starts 14th of February</i>
6.30 PM	Stretch For Splits (Nina) 55 mins
Friday	
12.30 PM	Kanga # (Bec) 55 mins <i>Starts 15th of February</i>
5.45 PM	Circus Skills (Robbie) 45 mins
Saturday	
10.00 AM	Stretch for Splits (Nina) 45 mins
Sunday	
10.00 AM	Kanga # (Bec) 55 mins <i>Starts 17th of February</i>

OPEN POLE & CIRCUS PRACTICE	
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Friday	
5.30 PM	Pole Practice (Gabby) 55 mins
7.30 PM	Circus Practice (JessB) 55 mins

Saturday	
9.00 AM	Circus Practice (Saari) 55 mins
11.00 PM	Pole Practice (Gabby) 55 mins

Sunday	
11.00 AM	Pole Practice (Gabby) 55 mins
12.00 PM	Circus Practice (Saari) 55 mins

Gym Hours	
Mon to Fri	6:30am - 9:30pm
Sat	9:00am - 2:00pm
Sun	10:00am - 1:00pm