



Audley Club at Redwood Class Timetable

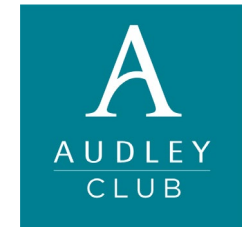
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:30am		Pilates		Pilates			
10:30am		Healthy Hearts		Healthy Hearts			
3:45pm			Pilates				
6:00pm	Pilates	Circuits					

Advance booking required and subject to availability.

Training Program – We offer as much or as little support as you need. All owners and members will receive an induction session on first visit which includes expert fitness advice.

Personal Training – It is so much easier with a Personal Trainer. Imagine having your own expert to motivate you, monitor your progress and ensure you are focusing on the right exercises. A Personal Trainer will not just help your fitness, they will help you reach your goals so much faster and have fun while you are at it.

(Additional charges will apply)



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