

Term 3: Gym Timetable: FREE CLASSES

Beginning Monday 5th July 2021

Day	Monday	Tuesday	Wednesday	Thursday	Friday
Time	5:30 - 6:30pm	6 - 7pm	6 - 7pm	6 - 7pm	9 - 9:40am
Class	Yoga	Pilates	HIIT	Strength & Toning	HIIT
Instructor	Natasha Stapleton	Liz Freese	Trevena Feldmanis	Trevena Feldmanis	Trevena Feldmanis
Type of class & What to bring	• Drink Bottle • Towel • Yoga Mat (available on site)	• Drink Bottle • Towel • Yoga Mat (available on site)	• Drink Bottle High Intensity Interval Training Circuit Style Boxing alternate weeks	• Drink Bottle Using bands, balls, sliders and steps to strength and tone	• Drink Bottle High Intensity Interval Training Body weight and Steps
Location	Gym	Gym	Gym	Gym	Gym

Contact: Snug Primary School 6267 9230

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for further details