

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	<ul style="list-style-type: none">• Drink Bottle• Towel• Yoga Mat (available on site)	<ul style="list-style-type: none">• Drink Bottle• Towel• Yoga Mat (available on site)	<ul style="list-style-type: none">• Drink Bottle High Intensity Interval Training Circuit Style Boxing alternate weeks	<ul style="list-style-type: none">• Drink Bottle Using bands, balls, sliders and steps to strength and tone	<ul style="list-style-type: none">• Drink Bottle High Intensity Interval Training Body weight and Steps
Location	Gym	Gym	Gym	Gym	Gym

Contact: Snug Primary School 6267 9230

or snug.primary@education.tas.gov.au

for further details