

Port Marlborough Pavilion Timetable	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Tumble Tots</b>	10am - 11am				
<b>Yoga</b>	6pm - 7.15pm (Kim)	9.15am – 10.30am (Brenda)	9.15am – 10.30am (Brenda)		9.15am – 10.30am (Kim)
<b>Modified Tai Chi</b>		10am – 11am			
<b>Aikido</b>		5pm – 6pm (children) 6pm - 7pm (adults)		6pm - 7pm (adults)	
<b>Indoor Bowls</b>			7pm - 9pm (restarts April)		
<b>Table Tennis</b>				10am - 12pm	
<b>Sit and be Fit</b> 			1.30pm – 3pm		
<b>HIIT Class (High Intensity Interval Training)</b>			6am – 7am		6am – 7am
<b>Outdoor Bootcamp</b>		6am – 7am		6am – 7am	
<b>Pilates</b>			5.30pm – 6.30pm		
<b>Bridge</b>	1pm - 4pm			7pm – 10pm	
<b>Kids Boot Camp Classes</b>				3.30pm – 4.30pm (age 8 - 12) 4.45pm – 5.45pm (age 13 – 17)	
<b>FDH Hip Hop Classes</b>		3.30pm – 4.45pm	3.30pm – 5pm		
<b>Indoor Walking Circuit</b>		11.30am – 12.30pm			