



## Gold Coast Studio Timetable : 2010 : ADULTS

Studio ONE						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7.00am						7.00 - 8.00 NASST - Boxcercise
8.00am						
9.00am						
10.00am						
2.00pm						
3.00pm						
4.00pm						
5.00pm						
6.00pm	6.30 - 7.30 Ikin Shake It			6.30-8.30 Ikin Perform Snr		
7.00pm		7.00 - 9.00 Senior Titanettes	7.00 - 9.00 Senior Titanettes			
8.00pm						
Studio TWO						
8.00am						
9.00am						
3.00pm						
4.00pm						
5.00pm	5.45-6.30 NASST- Circuit					
6.00pm	6.30-8.30 Ikin Perform Snr	5.30-7.30 Ikin Break		6.15-7.00 NASST- Circuit		
7.00pm						
Studio THREE						
8.00am						
9.00am						
10.00am						
12.00pm						
3.00pm						
4.00pm						
5.00pm						
6.00pm		6.00-8.00 Ikin Flip		6.00 - 8.00 Ikin Flip		
7.00pm		7.00 - 9.00 Senior Titanettes	7.00 - 9.00 Senior Titanettes			
8.00pm						