




fun free fitness

MAY - AUGUST 2010

DAY	TIME	CLASS
MONDAY	10.30 am 5.30 pm	Active Hearts BoxinFun
TUESDAY	6.30 am 4.00 pm	Yoga FitKids
WEDNESDAY	5.30 pm 5.30 pm	Bootcamp Beach Volleyball
THURSDAY	6.30 am 6.15 pm 7.30 pm	Pilates Aqua Aerobics Learn To Run
FRIDAY	6.15 am 7.00 am 8.00 am 9.30 am 5.30 pm	Bootcamp Aqua Aerobics Mums N Bubs Steady Steps Zumba
SATURDAY	7.30 am 8.00 am 8.30 am	Meditation BoxinFun Aqua Aerobics

PLEASE NOTE: ALL TIMES ARE SUBJECT TO CHANGE AND CANCELLATION
 All Classes meet at the Lagoon Café, except
 Beach Volleyball (meet at the courts near the skate park)
 Mums N Bubs (meet at the Esplanade Funship at the northern end)
 Zumba (meet at the Fogarty Park Sound shell).



**CAIRNS
Esplanade**
Cairns Regional Council

FOR MORE INFORMATION VISIT: cairnesesplanade.com.au