

CLASS TIMETABLE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9.30	Functional Training (45 mins)		HIIT (30 mins)	Energy mobility Wellbeing class (30 mins)	Booty Blast (45 mins)	
10.00			Core Blast (15 mins)			
10.30		Aqua Aerobics (45 mins)		Aqua Aerobics (45 mins)	Aqua Aerobics (30 mins)	
11.00	Pilates (30 mins)		Energy mobility Wellbeing class (30 mins)			
12.00						Core Fitball (30 mins)
18.30	HIIT /ABs Attack (45 mins)	Yoga-lates (45 mins)	Spinning (45 mins)	Booty Blast (45 mins)		
19.30		Aqua Aerobics (45 mins)		Aqua Aerobics (45 mins)		

