

CLASS TIMETABLE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7.00	Body Tone (30 mins)			Body Tone (30 mins)		
9.30	Body Pump (45 mins)		HIIT / Core Blast (45 mins)	Energy mobility Wellbeing class (30 mins)	Kettle Bells (45 mins)	
10.30		Aqua Aerobics (30 mins)	Energy mobility Wellbeing class (30 mins)	Aqua Aerobics (30 mins)	Aqua Aerobics (30 mins)	
11.00	Pilates (30 mins)		Aqua Aerobics (30 mins)			
12.00						Core Fit Ball (30 mins)
18.30	Boxercise (45 mins)	Yoga-lates (45 mins)	Spinning (45 mins)	Boxercise (45 mins)		
19.30	Spinning (30 mins)	Aqua Aerobics (45 mins)	Kettle Bells (30 mins)	Aqua Aerobics (45 mins)		

