

CLASS TIMETABLE

(February 2022)

Time	Monday	Tuesday	Wednesday	Thursday	Friday
7.00am	Yoga (8 people, 30 mins)			Pump (10 people, 30 mins)	Yoga (8 people, 30 mins)
9.30am	Pump (10 people, 45 mins)		Conditioning (10 people, 45 mins)		Bums & Tums (10 people, 45 mins)
10.00am				Mobility (8 people, 30 mins)	
11.00am	Mobility (8 people, 30 mins)				
11.15am		Aqua Aerobics (12 people, 30 mins)	Aqua Aerobics (12 people, 30 mins)	Aqua Aerobics (12 people, 30 mins)	Aqua Aerobics (12 people, 30 mins)
6.00pm	Spin / BoxFit (10 people, 1 Hour)	Pump (10 people, 30 mins)	Spinning (10 people, 30 mins)	Bootcamp (10 people, 45 mins)	
6.30pm			Bums & Tums (10 people, 30 mins)		
6.45pm		Yoga-Lates (8 people, 45 mins)			
7.30pm		Aqua Aerobics (12 people, 30 mins)	Aqua Aerobics (12 people, 30 mins)	Aqua Aerobics (12 people, 30 mins)	

ALL CLASS BOOKINGS 1 DAY IN ADVANCE. Ph (01) 202 3119.