

CLASS TIMETABLE

(February 2023)

Time	Monday	Tuesday	Wednesday	Thursday	Friday
7.00am	Yoga (8 people, 30 mins)			Yoga (10 people, 30 mins)	
9.30am	Bootcamp (10 people, 45 mins)		Aerobic Dance (10 people, 45 mins)		Pump (10 people, 45 mins)
10.00am				Mobility (8 people, 30 mins)	
11.00am	Mobility (8 people, 30 mins)				
11.15am		Aqua Aerobics (15 people, 30 mins)	Aqua Aerobics (15 people, 30 mins)	Aqua Aerobics (15 people, 30 mins)	Aqua Aerobics (15 people, 30 mins)
6.00pm	Aerobic Dance (10 people, 45 min)	Pump (10 people, 30 mins)	Spinning (10 people, 30 mins)	Bootcamp (10 people, 45 mins)	
6.30pm			Strength (10 people, 30 mins)		
6.45pm	Abs & Legs (10 people, 30min)	Yoga-Lates (8 people, 45 mins)			
7.30pm		Aqua Aerobics (15 people, 30 mins)	Aqua Aerobics (15 people, 30 mins)	Aqua Aerobics (15 people, 30 mins)	

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

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