



CLASS TIMETABLE

(January 2024)

Time	Monday	Tuesday	Wednesday	Thursday	Friday
7.00am	Yoga (8 people, 30 mins)			Total Tone (10 people, 30 mins)	Yoga (8 people, 30 mins)
9.30am	Pump (10 people, 45 mins)	Aerobic Dance (10 people, 45 min)	Aerobic Dance (10 people, 45 min)		
10.00am				Light Resistance (8 people, 30 mins)	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, 30 min)	Pump (10 people, 45 mins)	Spinning (10 people, 30 mins)	Bootcamp (10 people, 45 mins)	
6.30pm	Bootcamp (10 people, 45mins)		Functional Tr (10 people, 30 mins)		
6.45pm		Yoga-Lates (8 people, 45 mins)		Stretch and flex (10 people, 15 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.

