



Health Club Class Timetable

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY
	SPINNING 9:30 - 10:15		PILATES 9:45 - 10:30		SPINNING 7:30 - 8:15		LEGS, BUMS & TUMS 9:00 - 9:45		PILATES 9:15 - 10:15
	AQUA 11:00 - 11:45		ZUMBA 11:00 - 11:45		PILATES 9:00 - 10:00		AQUA 10:15 - 11:00		YOGA 10:30 - 11:30
	BOXERCISE 19:00 - 19:45		AQUA 11:00 - 12:00		YOGA 10:00 - 11:00		SPINNING 18:45 - 19:30		BOXERCISE 18:30 - 19:15
			CIRCUIT TRAINING 19:00 - 19:45		AQUA 18:30 - 19:15				

Please note that the pool is closed during aqua class times.