



















# Health Club Class Timetable

|   | MONDAY                     |   | TUESDAY                   |   | WEDNESDAY               |   | THURSDAY                         |   | FRIDAY                     |   | SATURDAY                |
|---|----------------------------|---|---------------------------|---|-------------------------|---|----------------------------------|---|----------------------------|---|-------------------------|
|  | SPINNING<br>9:30 - 10:15   |  | PILATES<br>9:45 - 10:30   |  | SPINNING<br>7:30 - 8:15 |  | LEGS, BUMS & TUMS<br>9:00 - 9:45 |  | PILATES<br>9:15 - 10:15    |  | BOOTCAMP<br>8:00 - 8:45 |
|  | AQUA<br>11:00 - 11:45      |  | ZUMBA<br>11:00 - 11:45    |  | PILATES<br>9:00 - 10:00 |  | AQUA<br>10:15 - 11:00            |  | YOGA<br>10:30 - 11:30      |   |                         |
|  | BOXERCISE<br>19:00 - 19:45 |  | AQUA<br>11:00 - 12:00     |  | YOGA<br>10:00 - 11:00   |  | SPINNING<br>18:45 - 19:30        |  | BOXERCISE<br>18:30 - 19:15 |   |                         |
|   |                            |  | BOOTCAMP<br>19:00 - 19:45 |  | AQUA<br>18:30 - 19:15   |   |                                  |   |                            |   |                         |

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