

CLASS TIMETABLE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Water Aerobics 9:15am-10:15am £2.00 Charge	Spin 7:00am-7:30am	HIIT Class 7:00am-7:30am	Ripped! 7:00am-7:30am	Pilates 9:30am-10:30am £2.00 charge	Spin 9:00am-9:45am	
Pilates 10:30am-11:30am	Ab Class 10:00am-10:45am	Yoga 9:30am-10:30am	Legs, Bums & Tums 10:30am-11:30am	Ladies Circuits 1:30pm-2:30pm		Sunday Circuits 11:00am-12:00pm
		Women's Circuits 10:30am-11:30am		Junior Gym 4:00pm-5:00pm	Junior Squash 10:00am	
	Junior Gym 4:00pm-5:00pm		TRX 6:00pm-6:45pm			
Circuits 6:30pm-7:30pm	Pilates 6:00pm-7:00pm	HIIT Class 7:30pm-8:00pm	Mundo Dance 6:15pm-7:15pm			
Yoga 7:30pm-8:30pm	Boxercise 7:00pm-8:00pm		TRX 7:15pm-8:00pm			