

Winter Timetable

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.15am			SPINNING 40 mins				
11.00am		AQUA FIT 45 mins		AQUA FIT 45 mins		AQUA FIT 45 mins	SPINNING 45 mins
11.45am						BODY SCULPT 45 mins	AB-ATTACK 15 mins
1.10pm		SPIN & ABS 40 mins	CIRCUIT 30 mins	SPIN & ABS 40 mins		<p>Fitness Classes are FREE for ALL members*</p> <p>Classes cater for ALL levels.</p> <p>Beginners are welcome to ALL classes. If you are a beginner, inform the Instructor at start of the class</p> <p>No Booking Required for Fitness Classes</p> <p>*Swimming Lessons, Yoga, Pilates & Kettlebells require booking.</p>	
5.45pm	AB-ATTACK 15 mins		AB-ATTACK 15 mins	BODY SCULPT 30 mins			
6.00pm	CIRCUIT 30 mins	AB-ATTACK 15 mins	BODY SCULPT 30 mins		SPINNING 45 mins		
6.15pm		BOXERCISE 45 mins		STEP 45 mins			
6.30pm	SPINNING 45 mins	AQUA FIT 45 mins	SPINNING 45 mins				
	PILATES* 45 mins	BEGIN to SPIN 30 mins	PILATES* 45 mins				
7.00pm		SPINNING 45 mins		KETTLEBELLS* 60 mins			
7.15pm	STEP 45 mins	BODYPUMP 60 mins	SWIM LESSONS* 45 mins	AQUA FIT 45 mins			
8.00pm	PILATES* 45 mins		SWIM LESSONS* 45 mins	YOGA* 60 mins			