

STUDIO CLASS TIMETABLE



MONDAY

11.00am-11.45am Yoga
6.00pm-6.30pm Spin
6.45pm-7.30pm HIIT

TUESDAY

11.00 am-11.45am Pilates

WEDNESDAY

10.30am-11.00am Over 50's
11.45am-12.15pm Aqua Aerobics
7.00pm-7.45pm Yoga

THURSDAY

10.00am-10.45am Pilates
6.15pm-6.45pm Spin
7.00pm-7.45pm Kettlebells

FRIDAY

No Classes

SATURDAY

9.00am-9.45am Circuits
10.00am-10.45am Spin

SUNDAY

2pm-4pm Junior Fitness