

## Fitness Class Timetable Commencing Tuesday 4<sup>th</sup> January 2022

Monday – Fitness Classes	
Time	Session
12:15 – 13:15	Spin
13:30 – 14:30	Pilates
18:00 – 19:00	Spin
18:00 – 19:00	Zumba
19:00 – 20:00	Pilates

Tuesday – Fitness Classes	
Time	Session
16:00 – 19:00	Gymnastics
18:00 – 19:00	Spin
18:00 – 19:00	Pilates

Wednesday Fitness Classes	
Time	Session
09:30 – 10:30	Yoga (Hatha)
10:30 – 11:30	Power Yoga
18:00 – 19:00	Spin

Thursday Fitness Classes	
Time	Session
18:00 – 19:00	Spin
18:00 – 19:00	Pilates
19:00 – 20:00	Legs, Bums, Tums

Friday – Fitness Classes	
Time	Session
10:00 – 12:00	Gym-Minis
10:00 – 11:00	Spin
10:30 – 11:30	Pilates

Saturday – Fitness Classes	
Time	Session
11:30 – 12:30	Spin

Sunday – Fitness Classes	
Time	Session
10:30 – 11:30	Zumba