

Fitness Class Timetable Commencing Tuesday 4th January 2022

Tuesday – Fitness Classes	
Time	Session
09:45 – 10:45	Keep Moving
12:15 – 13:00	Circuits
13:15 – 14:15	Yoga

Thursday Fitness Classes	
Time	Session
09:45 – 10:45	Keep Moving
12:15 – 13:00	Circuits
13:15 – 14:15	Pilates