

**Fitness Class Timetable**

Commencing Monday 24th January 2022

Monday		
Time	Class	Instructor
10:45-11:45	Pilates 60	Jenny
11:00-11:45	Aqua Mobility 45	Leanne
12:00-13:00	Pilates Advanced 60	Jenny
13:15-14:15	Keep Moving 60	Active Leeds
14:30-15:30	Keep Moving Beginner 60	Active Leeds
18:00-19:00	Body Pump 60	Amanda
19:00-19:45	Circuit 45	Amanda
20:00-20:45	Aqua Aerobics 45	Amanda
20:15-21:15	Yoga Vinyasa 60	Binny

Tuesday		
Time	Class	Instructor
10:30-11:30	Yoga Vinyasa 60	Binny
14:00-15:30	Yoga Hatha 90	Kath
17:00-18:00	Zumba 60	Tonia
18:15-19:00	Body Combat 45	Amanda
19:15-20:15	Active Balance 60	Amanda

Wednesday		
Time	Class	Instructor
11:00-12:00	Pilates 60	Jenny
12:15-13:15	Pilates 60	Jenny
18:00-18:45	Body Combat 45	Amanda
19:00-20:00	Body Pump 60	Amanda

Thursday		
Time	Class	Instructor
09:00-09:45	Aqua Aerobics 45	Zoe
10:30-12:00	Yoga Hatha 90	Kath
18:00-18:45	Active Balance 45	Amanda
19:00-20:00	Zumba 60	Tonia
19:05-19:50	Circuit 45	Amanda

Friday		
Time	Class	Instructor
10:15-11:15	Keep Moving 60	Active Leeds
17:30-18:30	Body Pump 60	Amanda

Saturday		
Time	Class	Instructor
09:15-10:15	Body Combat 60	Amanda
10:30-11:30	Zumba 60	Tonia

Sunday		
Time	Class	Instructor
10:30-11:30	Body Pump 60	Amanda