

Fitness Class Timetable Commencing Tuesday 4th January 2022

Monday – Fitness Classes

Time	Session
18:15 – 19:00	Circuits
18:30 – 19:30	Yoga
19:15 – 20:00	Aqua Aerobics
20:00 – 22:00	Fencing

Tuesday – Fitness Classes

Time	Session
07:00 – 08:00	Yoga
09:15 – 10:45	Yoga
10:00 – 11:00	Keep Moving
11:00 – 12:00	Pilates
18:15 – 19:00	Circuits

Wednesday Fitness Classes

Time	Session
12:15 – 13:00	Circuits

Thursday Fitness Classes

Time	Session
10:30 – 11:15	Step Aerobics
12:15 – 13:00	Circuits
13:00 – 14:00	Keep Moving
18:15 – 19:15	Yoga
19:15 – 20:00	Aqua Aerobics
19:20 – 20:20	Yoga

Saturday – Fitness Classes

Time	Session
09:30 – 10:30	Step Aerobics
11:00 – 12:00	Circuits