

Fitness Class Timetable January 2023

Monday – Fitness Classes	
Time	Session
09:15 – 10:15	Legs, Bums, Tums
10:20 – 11:20	Pilates
19:00 – 20:00	Ashtanga Yoga

Tuesday – Fitness Classes	
Time	Session
07:00 – 07:30	Active HIIT
09:15 – 10:00	Clubbercise
14:00 – 15:00	Hatha Yoga
18:00 – 18:45	Active HIIT
19:00 – 19:45	Kettlebells

Wednesday Fitness Classes	
Time	Session
09:15 – 10:15	Kettlebells
10:20 – 11:20	Pilates
19:30 – 20:30	Vinyasa Yoga

Thursday Fitness Classes	
Time	Session
10:15 – 11:15	Hatha Yoga
11:30 – 12:30	Pilates
12:35 – 13:35	Legs, Bums, Tums
17:45 – 18:30	Clubbercise

Friday – Fitness Classes	
Time	Session
07:00 – 07:30	Active HIIT
09:05 – 09:40	Aqua Mobility
10:00 – 11:00	Keep Moving (50yrs+)
13:30 – 14:30	Vinyasa Yoga