

Monday – Fitness Classes	
Time	Session
19:00 – 19:45	SkillIX

Tuesday – Fitness Classes	
Time	Session
09:45 – 10:45	Keep Moving
10:45 – 11:30	Keep Moving
12:00 – 12:45	Circuits
19:00 – 19:45	SkillIX

Wednesday – Fitness Classes	
Time	Session
12:00 – 12:45	SkillIX
17:00 – 17:45	SkillIX
20:00 – 20:45	SkillIX

Thursday - Fitness Classes	
Time	Session
09:45 – 10:45	Keep Moving
10:45 – 11:30	Keep Moving
12:00 – 12:45	Circuits
19:00 – 19:45	SkillIX
20:00 – 20:45	SkillIX

Friday – Fitness Classes	
Time	Session
19:00 – 19:45	SkillIX