

Fitness Timetable
Commencing September 2023

Tuesday	
Time	Session
09.30-10.30	Legs Bums Tums
10.45-11.45	Circuits
12.00-12.45	Aqua Aerobics
17.30-18.30	Yoga Hatha

Thursday	
Time	Session
09.30-10.30	Yoga Hatha