

## Fitness Class Timetable Commencing November 2023

### Monday – Fitness Classes

Time	Session
12:15 – 13:00	Circuits
18:15 – 19:00	Circuits
18:30 – 19:30	Yoga Hatha
19:15 – 20:00	Aqua Aerobics
20:00 – 22:00	Fencing

### Tuesday – Fitness Classes

Time	Session
09:15 – 10:45	Yoga
10:00 – 11:00	Keep Moving
11:00 – 12:00	Pilates
13:30 – 14:30	Pilates
18:00 – 19:00	Zumba
18:15 – 19:00	Circuits

### Wednesday Fitness Classes

Time	Session
12:15 – 13:00	Circuits
18:00 – 19:00	Zumba

### Thursday Fitness Classes

Time	Session
09:15 – 10:00	Bump & Baby Fit Yoga
09:15 – 10:00	Aqua Aerobics
10:30 – 11:15	Step Aerobics
11:00 – 11:45	Aqua Mobility
12:15 – 13:00	Circuits
13:15 – 14:15	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

### Sunday – Fitness Classes

Time	Session
09:30 – 10:30	Zumba
11:15 – 12:15	Yoga