

**Fitness Timetable**  
**Commencing May 2024**

<b>Monday</b>	
Time	Session
09:45-10.30	Aqua Aerobics
10.45-11.45	Legs Bums Tums
18.00-19.00	Zumba
19.00-20.00	Yoga Hatha
19.15-20.00	Aqua Zumba

<b>Tuesday</b>	
Time	Session
09.30-10.15	Studio Cycling
18.00-19.00	Pilates
19.15-20.00	Studio Cycling

<b>Wednesday</b>	
Time	Session
09.30-10.30	Yoga Hatha
10.00-11.00	Keep Moving
10.30-11.30	Active Balance
13.00-14.00	Bump & Baby Fit Chair Based Exercise
18.15-19.00	Studio Cycling
18.30-19.15	HIIT

<b>Thursday</b>	
Time	Session
18.00-19.00	Functional Fit
18.15-19.00	Studio Cycling
19.00-20.00	Pilates

<b>Friday</b>	
Time	Session
10.30-11.30	Pilates
14.30-15.15	Aqua Mobility

<b>Saturday</b>	
Time	Session
10.00-10.45	Studio Cycling

<b>Sunday</b>	
Time	Session
11.00-12.00	Zumba