

Fitness Timetable  
Commencing May 2024

Tuesday	
Time	Session
08.30-09.15	Zumba Gold
09.30-10.30	Legs, Bums and Tums
12.00-12.45	Aqua Aerobics
17.30-18.30	Yoga Hatha
20.00-21.00	Zumba

Thursday	
Time	Session
09.30-10.30	Yoga Hatha