

Fitness Timetable
Commencing January 2025

Monday	
Time	Session
17.30-18.30	Yoga Hatha
17.45-18.30	Kettlebells
18.45-19.45	Clubbercise

Tuesday	
Time	Session
09.30-10.30	Legs, Bums and Tums
12.00-12.45	Aqua Aerobics
13.00-13.45	Zumba Gold
17.30-18.30	Yoga Hatha
20.00-21.00	Zumba

Wednesday	
Time	Session
17.45-18.30	Kettlebells
18.40-19.10	Active Core

Thursday	
Time	Session
09.30-10.30	Yoga Hatha

Saturday	
Time	Session
09.00-10.00	Clubbercise