

Monday – Fitness Classes	
Time	Session
10.00 – 11.00	Keep Moving (Intermediate)
11.00 – 12.00	Keep Moving (Advanced)
13.00 – 14.00	Yoga (Hatha)
14:15 – 15:15	Zumba Gold
17.30 – 18.30	Legs, Bums & Tums
18:45 – 19:45	Bodypump
19.00 – 20.00	Circuits
20.15 – 21.15	Yoga

Tuesday – Fitness Classes	
Time	Session
10.30 – 11.30	Pilates
11.30 – 12.15	Aqua Mobility
11.45 – 12.45	Pilates
13.00 – 13.45	Bump & Baby Fit Yoga
14.00 – 15.00	Yoga (Hatha)
18.00 – 18.55	Zumba
19.05 – 19.50	Aqua Zumba
20:00 – 20:30	Gym Circuit

Wednesday Fitness Classes	
Time	Session
07.15 – 07.45	Gym Circuit
09:45 – 10:45	Keep Moving
10.30 – 11.30	Yoga (Hatha)
12:15 – 13:00	Bodypump
13:30 – 14:30	Zumba Gold
18.00 – 19.00	Functional Fit
19.05 – 20.05	Pilates
19.30 – 20.15	Aqua Aerobics

Thursday Fitness Classes	
Time	Session
07.15 – 07.45	Gym Circuit
10.00 – 11.00	Yoga (Hatha)
11.30 – 12.30	Pilates (Beginners)
12.45 – 13.45	Pilates (Advanced)
18.00 – 19.00	Functional Fit
19.30 – 20.30	Zumba
19:45 – 20:30	Bodypump

Friday – Fitness Classes	
Time	Session
07.15 – 07.45	Gym Circuit
09.45 – 10.45	Yoga
11.00 – 12.00	Circuits
11:00 – 12:00	Pilates
12:15 – 13:15	Pilates
18.00 – 19.00	Circuits

Saturday – Fitness Classes	
Time	Session
12.30 – 13.30	Yoga Vinyasa

Sunday – Fitness Classes	
Time	Session
09.30 – 10.30	Yoga
10:45 – 11:45	Pilates
11.00 – 12.00	Circuits
12.30 – 13.30	Zumba

