

## Fitness Class Timetable Commencing Tuesday 4<sup>th</sup> January 2022

Monday – Fitness Classes	
Time	Session
18:00 – 18:45	Studio Cycling
19:00 – 19:45	Zumba

Tuesday – Fitness Classes	
Time	Session
06:45 – 07:15	Studio Cycling
18:30 – 19:00	Active HIIT
19:05 – 19:35	Active Core

Wednesday - Fitness Classes	
Time	Session
18:30 – 19:15	Studio Cycling

Thursday Fitness Classes	
Time	Session
10:00 – 11:00	Legs, Bums and Tums