


# CLASS TIMETABLE

| Monday                                     | Tuesday                              | Wednesday                    | Thursday                             | Friday                             | Saturday                                                                             | Sunday |
|--------------------------------------------|--------------------------------------|------------------------------|--------------------------------------|------------------------------------|--------------------------------------------------------------------------------------|--------|
| Kettlebell & Barbell Blast<br>9:30 – 10:00 | Boxercise<br>9:30 – 10:15            | BLT<br>9:30 – 10:00          | Spin Class<br>9:30 – 10:15           | HIIT Circuit<br>9:30 – 10:00       | Stretch/Flex & Core<br>9:15 – 10:00                                                  |        |
| Aqua Action<br>10:15 – 11:00               | Stretch/Flex & Core<br>10:30 – 11:15 | Aqua Action<br>10:15 – 11:00 | Stretch/Flex & Core<br>10:30 – 11:00 | Aqua Action<br>10:15 – 11:00       | Spin<br>10:15 – 11.00                                                                |        |
|                                            |                                      |                              |                                      |                                    |                                                                                      |        |
| Spin<br>6:30 – 7:15                        | Spin<br>6:30 – 7:15                  | Spin Class<br>6:30 – 7:15    | SPIN<br>6:30 – 7:15                  | SPIN<br>6.30 – 7.15                |                                                                                      |        |
| Aerobics<br>7:30 – 8.15                    | Aqua<br>7.30 – 8.15                  | HIIT CIRCUIT<br>7.30 – 8.15  | Aqua<br>7.30 – 8.15                  | Stretch/Flex & Core<br>7:30 – 8:00 |  |        |
|                                            |                                      |                              |                                      |                                    |                                                                                      |        |

OPENING TIMES

**Monday – Thursday** 6:30 – 2130 **Friday** 6:30 – 2030

**Saturday & Sunday** 8:00 – 1830

**Bank Holidays** 800 – 1830