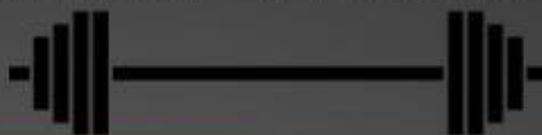




Merrill Leisure Club

Summer Timetable



MON

9:30 - 10:15
Circuit Class

10:30 - 11:15
Aqua Aerobics

18:30 - 19:15
Spin Class

TUE

9:30 - 10:15
Boxercise

10:30 - 11:00
Stretch & Flex

18:30 - 19:15
Spin Class

19:30 - 20:15
Aqua Aerobics

WED

9:30 - 10:15
Bums, Legs & Tums

10:30 - 11:15
Aqua Aerobics

18:30 - 19:15
Spin Class

THUR

9:30 - 10:15
Spin Class

10:30 - 11:00
Stretch & Flex

18:30 - 19:15
Bums, Legs & Tums

19:30 - 20:15
Aqua Aerobics

FRI

9:30 - 10:15
Kettlebells & Barbells

10:30 - 11:15
Aqua Aerobics

SAT

9:30 - 10:00
Stretch & Flex

10:30 - 11:15
Spin Class

Mon - Thurs:
06:30 - 21:30
Fri:
06:30 - 20:30
Sat - Sun:
08:00 - 18:30

