

CLASS TIMETABLE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Kettlebell & Barbell Blast 9:30 – 10:00	Boxercise 9:30 – 10:15	BLT 9:30 – 10:00	Spin Class 9:30 – 10:15	HIIT Circuit 9:30 – 10:00	Stretch/Flex & Core 9:30 – 10:15	
Aqua Action 10:15 – 11:00	Stretch/Flex & Core 10:30 – 11:15	Aqua Action 10:15 – 11:00	Stretch/Flex & Core 10:30 – 11:00	Aqua Action 10:15 – 11:00	Spin 10:15 – 11:00	
Spin 6:30 – 7:15	Spin 6:30 – 7:15	Spin Class 6:30 – 7:15	SPIN 6:30 – 7:15	SPIN 6:30 – 7:15		
Aerobics 7:30 – 8.15	Kettle & Barbell Blast 7:15 – 8:00	HIIT CIRCUIT 7.30 – 8.15	BOXERCISE 7:15 – 8:00	Stretch/Flex & Core 7:30 – 8:00		
	Aqua 7.30 – 8.15		Aqua 7.30 – 8.15			

OPENING TIMES

Monday – Thursday 6:30 – 10:00 **Friday** 6:30 – 9:00

Saturday & Sunday 8:00 – 7:00

Bank Holidays 9:00 – 7:00

Starts Monday September 3rd 2018. Classes are subject to change.

