



Fitness Class Timetable

Monday 20th	Tuesday 21st	Wednesday 22nd	Thursday 23rd	Friday 24th	Saturday 25th
09:30-10:15 Kettle-fit	09:30-10:15 Body Conditioning	09:30-10:15 Bootcamp	09:30-10:15 Step and Tone	CLOSED	CLOSED
10:15-11:00 HIIT	10:30-11:15 Broadway Boogie	10:30-11:15 Studio Cycle	10:15-11:00 Fitness Pilates		
12:00-13:00 Aqua-fit	18:15-19:00 Broadway Boogie	18:00-18:45 Kettle-fit	18:15-19:00 Legs, Bums, Tums		
18:00-18:45 Aerobics	19:15-20:00 Studio Cycle	18:45-19:30 Yogalates	19:00-19:45 HIIT		
18:45-19:30 Legs, Bums, Tums			20:00-20:50 Aqua-fit		
20:00-20:50 Aqua-fit	Tuesday 28th	Wednesday 29th	Thursday 30th	Friday 31st	Saturday 1st
Monday 27th	10:00-10:45 Legs, Bums, Tums	09:30-10:15 Bootcamp	09:30-10:15 Legs, Bums, Tums	CLOSED	CLOSED
10:00-10:45 Bootcamp		10:30-11:15 Studio Cycle	10:30-11:15 Broadway Boogie		
		18:00-18:45 Broadway Boogie	18:00-18:45 Bootcamp		
			18:00-18:50 Aqua-fit		
					

