

# Group Fitness Timetable

	Time	Class	Location	Level
Mon	13.30-14.30	Well Being Aerobics	Studio	All Levels
	18.15-19.15	Cardio Blitz	Studio	All Levels
	19.20-20.20	Body Pump	Studio	All Levels
	20.30-21.30	Body Balance	Studio	All Levels
Tues	10.00-11.00	Aqua Aerobics	Pool	All Levels
	18.00-19.00	Circuits	Studio	All Levels
	18.45-19.45	Zumba	Studio	All Levels
	19.00-20.30	Yoga	Studio	All Levels
Wed	18.15-19.15	Aerobics	Studio	All Levels
	19.20-20.20	Body Pump	Studio	All Levels
	20.30-21.30	Body Balance	Studio	All Levels
Thurs	10.00-11.00	Aqua Aerobics	Pool	All Levels
	18.00-19.00	Circuits	Studio	All Levels
	19.00-20.00	Tums, Bums & Thighs	Studio	All Levels
	19.30-20.30	Aqua Aerobics	Pool	All Levels
Fri	18.00-19.00	Zumba	Studio	All Levels
Sat	09.00-10.00	Body Pump	Studio	All Levels
	11.45-12.45	Body Balance	Studio	All Levels

+ Additional to expressions Membership (although some discounts may apply)

\* Run as a course

