

# Group Fitness Timetable

	<b>Time</b>	<b>Class</b>
<b>Monday</b>	10.00 - 11.00	Step Aerobics
	15.00 - 15.45	AquaFit (50+ Class)
	19.00 - 20.00	Tri Class
	20.00 - 21.00	Hatha Yoga
<b>Tuesday</b>	10.20 - 11.20	Hips, Tums & Bums
	18.00 - 19.00	Aerotone
	19.00 - 20.00	Aerobics
<b>Wednesday</b>	10.00 - 11.00	Combat Fitness
	15.00 - 19.00	AquaFit (50+ Class)
	18.30 - 19.30	Funk & Tone
	19.00 - 20.00	Aqua Jogging
	19.30 - 20.30	Total Body
<b>Thursday</b>	10.00 - 11.00	Cardio Kick
	18.30 - 19.30	Work it Circuit
	19.30 - 20.30	AquaFit
	20.00 - 21.00	Step Aerobics
<b>Friday</b>	10.00 - 11.00	Body Pump
	19.00 - 20.00	Yoga Fitness
	20.00 - 21.00	Aqua Circuit
<b>Saturday</b>	09.30 - 10.30	Bollywood Fusion
	10.30 - 11.30	Wake Up Call
	11.30 - 12.30	Aerobics
<b>Sunday</b>	11.30 - 12.30	Funky Sundays

