

Group Fitness Timetable

	Time	Class
Monday	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
Tuesday	19.00 - 20.00	Aerobics
Wednesday	10.00 - 11.00	Combat Fitness
	13.00 - 14.00	Line Dancing (50+ Class)
	15.00 - 16.00	AquaFit (50+ Class)
	19.30 - 20.30	Total Body
Thursday	19.30 - 20.30	AquaFit
	20.00 - 21.00	Step Aerobics
Friday	10.00 - 11.00	Body Pump
	19.00 - 20.00	Yoga Fitness
	20.00 - 21.00	Aqua Circuit
	20.00 - 21.00	Zumba
Saturday	09.30 - 10.30	Bollywood Fusion
	10.30 - 11.30	Wake Up Call
	11.30 - 12.30	Aerobics

