

CLASS TIMETABLE

Monday

Aquacise	08.45 - 09.30	Pool Based	All
Kettlercise	09.15 - 10.15	Kettlebell full Workout	All
20/20/20	10.20 - 11.20	Low impact/Tone	All
Hatha Yoga	11:30 - 12.30	Suitable for all levels	All
Pilates	17.15 - 18.05	Mat Based	All
Pilates	18.10 - 19.00	Mat Based	All
Group Cycling	19.15 - 20.00	Cardio Workout	All

Tuesday

Tone & Stretch/Chill	09.15 -10.30	Tone/Stretch/ Chill	All
Body fit	10.30 - 11.15	Aerobics, Strengths	All
Group Cycling Gold	11.20 –12.05	Cardio Workout	All
Martial Arts*	16.00 - 17.00	Little Ninjas	B
Martial Arts*	17.00 - 18.00	Kids Combat	I
Metabolic Burn	18. 05- 19.00	High intensity workout	All
Bollywood Fitness	19:00 - 20:00	Asian Dance workout	All

Wednesday

Pilates	08.30 - 09.25	Mat Based	All
Pilates	09.25 - 10.20	Mat Based	All
Weights & Conditioning	10.25 - 11.10	Weight Based	All
Line Dancing	11.30 - 12.30	Dance Class	All
Group Cycling	12.45 - 13.30	Cardio Workout	All
Aqua circuits	18.30 - 19.15	Pool Based	All
Body Blitz	18.00 - 19.00	Strength, Conditioning	All
Group Cycling	19.15 – 20.00	Cardio workout	All

Thursday

LBT	08.45 – 09.30	Lower body workout	All
LBT	09:30 – 10:15	Lower body workout	All
Yogalates	10.15 - 10.45	Pilates and Yoga mix	All
Group Cycling Gold	10.50 – 11.30	Cardio Workout	B
Martial Arts*	16.00 - 17.00	Little ninjas	I
Martial Arts*	17.00 - 18.00	Little Ninjas	All
H. Core Lean	18.15 - 19.05	Body weight HIIT	All
Gravity Yoga	19.15 - 20.15	Mobility and flexibility	All

Friday

Aquacise	08.45 - 09.30	Pool Based	All
Dance Fiesta	09.00 - 10.00	Latin Dance	All
Fit Ball	10.00 - 10.45	Core Strengthening	All
Pilates	18.00 - 19.00	Mat Based	All

Saturday

Bollywood Dance	09.00 – 09.45	Asian Dance workout	All
Sculpt & Tone	10.00 - 11.00	High Energy Dance Tone	All

Sunday

Pump & Tone	9.30 – 10.30	Weighted Tone	All
Group Cycling	10.40 – 11.25	Cardio Workout	All
Yogalates	11.30 – 12.00	Pilates and Yoga Mix	All

