

Fitness Class Timetable Mon 12th-Sun 18th Feb

MONDAY

09:30-10:15
Spin
📍 Studio

TUESDAY

18:05-18:50
Multi Circuit
📍 Studio

WEDNESDAY

06:05-06:50
Boxercise
📍 Studio

09:30-10:15
Multi Circuit
📍 Studio

THURSDAY

06:55-07:40
Body Pump
📍 Studio

18:05-18:50
Pump Fit
📍 Studio

18:55-19:40
Pilates
📍 Studio

19:45-20:30
Body Combat
📍 Studio

20:35-21:30
Body Balance
📍 Studio

FRIDAY

06:05-06:50
Pump Fit
📍 Studio

06:55-07:40
Pilates
📍 Studio

09:30-10:15
Aqua
📍 Pool

SATURDAY

09:00-12:00
No Classes

SUNDAY

09:05-09:50
Body Combat
📍 Studio

09:55 - 10:40
Body Pump
📍 Studio

10:45-11:30
Body Balance
📍 Studio

Afternoon / Evening

Class Index

- High Intensity
- Strength & Conditioning
- Low Impact
- Dance
- Aqua

