



Class Timetable

Monday

09:15 - 10:00 Aqua
18:00 - 18:45 Circuits

Tuesday

09:15 - 10:00 Fitsteps
10:00 - 10:45 Zumba
17:00 - 17:45 Virtual Yoga
18:00 - 18:45 Virtual Pilates

Wednesday

09:15 - 10:00 Aqua
17:00 - 17:45 Virtual Spin
18:00 - 18:45 Boxercise

Thursday

09:00 - 10:00 Pilates
10:15 - 11:15 Pilates
18:00 - 18:45 Circuits
19:00 - 19:45 Circuits

Friday

09:30-10:30 Yoga
10:45-11:45 Yoga
17:00 - 17:45 Virtual Spin
18:00 - 18:45 Virtual Spin

Saturday

11:00 - 11:45 Virtual Pilates
13:00-13:45 Virtual Yoga

Sunday

11:00 - 11:45 Virtual Spin
12:00 - 12:45 Virtual Spin