

# CLASS TIMETABLE

## MONDAY

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

## TUESDAY

Fitsteps	09:15 - 10:00
Zumba	10:00 - 11:00

## WEDNESDAY

Aqua	09:15 - 10:00
------	---------------

## THURSDAY

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

## FRIDAY

Yoga	09:30 - 10:30
Yoga	10:45 - 11:45