

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
Circuit	19.05 - 19.50	Full Body Workout	All

Tuesday

Tone & Stretch/Chill	09.15 -10.30	Tone/Stretch/ Chill	All
Body fit	10.30 - 11.15	Aerobics, Strengths	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 - 11.25	Weight Based	All
Line Dancing	11.30 - 12.30	Dance Class	All
Aqua circuits	18.30 - 19.15	Pool Based	All
Body Blitz	18.00 - 19.00	Strength, Conditioning	All

Thursday

LBT	09.15 – 10.00	Lower body workout	All
Stretch	10.00 - 10.30	Full Body Stretch	All
Martial Arts*	16.00 - 17.00	Little ninjas	B
Martial Arts*	17.00 - 18.00	Little Ninjas	I
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	High Energy Dance	
Sculpt & Tone	10.00 - 11.00	Tone	All
			All

Sunday

Pump & Tone	09.30 - 10.30	Weighted Tone	All
-------------	---------------	---------------	-----

Key: All = all abilities

B = beginners

I = Intermediate

