

MON	TUES	WEDS	THURS	FRI
9am-9.45am AQUA CIRCUITS	8am-8.45am AQUA	9.15am-10am CORE & STRENGTH	8am-8.45am AQUA	8.45am-9.25am DANCE AEROBICS
10am-10.45am CARDIO DANCE	9.15am-10am BODY STRENGTH	10am-10.45am FREESTYLE FUN	10.15am-10.45am EXPRESS AQUA	9.30am-10.15am AQUA ZUMBA
11am-11.45am AQUA	10am-10.45am DANCE STEP	11am-11.45am AQUA	11am-12pm PILATES	9.45am-10.30am BOOTCAMP
11am-12pm PILATES	11am-11.45am AQUA	11am-12pm MINDFUL YOGA	12pm-12.45pm TOTAL BODY CONDITIONING	10.30am-11.30am BALL PILATES
12pm-1pm PILATES	11am-12pm YOGA	12pm-12.45pm BODY STRENGTH	5.30pm-6.30pm DYNAMIC YOGA	11.30am-12.30pm YOGA
5.45pm-6.45pm PILATES	6.15pm-7pm AQUA	2pm-2.45pm ZUMBA GOLD	6.30pm-7.30pm BODY STRENGTH	SAT
7pm-7.45pm AQUA	6pm-7pm CHILLOUT YOGA	5.30pm-6.30pm DYNAMIC YOGA	7.30pm-8.30pm CHILLOUT YOGA	8.30am-9.30am PILATES
7pm-8pm BODY BLAST	7pm-7.45pm ZUMBA	7pm-7.45pm AQUA CIRCUITS		9am-9.45am AQUA CIRCUITS
8pm-8.45pm CLUBERCISE		7pm-8pm BODY BLAST		SUN
				NONE

