

MON

8am-9am	PILATES
9am-9.45am	AQUA
9.15am-9.45am	HIT
10am-10.45am	CARDIO DANCE
11am-11.45am	AQUA
11am-12pm	PILATES
12pm-1pm	PILATES
1pm-1.45pm	FUNCTIONAL BALANCE & MOBILITY
6pm-6.45pm	STEP AEROBICS
7pm-7.45pm	AQUA CIRCUITS
7pm-8pm	BODY BLAST

TUES

8am-8.45am	AQUA
9.15am-10am	BODY STRENGTH
10am-10.45am	FREESTYLE FUN
11am-11.45am	AQUA
11am-12pm	YOGA
5.45pm-6.45pm	PILATES
6.15pm-7pm	AQUA
7pm-7.45pm	DANCE AEROBICS*
*ONCE A MONTH WILL BE ZUMBA	

WEDS

9.15am-10am	CORE & STRENGTH
10am-10.45am	EASY DOES IT
11am-11.45am	AQUA
11.15am-12pm	YOGA
12pm-12.45pm	BODY STRENGTH
1pm - 2pm	**MUSCLE RECOVERY
**ON THE FIRST WEDS OF EVERY MONTH	
5.30pm-6.30pm	DYNAMIC YOGA
6pm-6.45pm	AQUA CIRCUITS
7pm-8pm	BODY BLAST

THURS

8am-8.45am	AQUA
9am-9.45am	BOOTCAMP
10am - 10.45am	BODY STRENGTH
10.15am-10.45am	AQUA EXPRESS
11am-12pm	PILATES
12pm-12.45pm	FUNCTIONAL BALANCE & MOBILITY
1pm-1.45pm	STEP AEROBICS
5.45pm-6.45pm	YOGA

FRI

8am-8.30am	HIT
8.45am-9.25am	DANCE AEROBICS
9.30am-10.15am	AQUA CIRCUITS
9.30am-10.15am	BOOTCAMP
10.30am-11.30am	BALL PILATES
11.30am-12.30pm	YOGA
1pm-1.45pm	STRONG SPINE

SAT

8am-9am	PILATES
9am-9.45am	AQUA CIRCUITS

SUN

NONE

