

## 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 AEROBIC GOLD

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  
12pm-1pm PILATES  
1pm-1.45pm DYNAMIC BODY BURN

5.45pm-6.45pm PILATES  
6.15pm-7pm AQUA  
7pm-7.45pm ZUMBA

## WEDS

8am-9am YOGA  
9.15am-10am CORE & STRENGTH  
10am-10.45am EASY DOES IT  
11am-11.45am AQUA  
11.15am-12pm YOGA  
12pm-12.45pm BODY STRENGTH

5.30pm-6.30pm DYNAMIC YOGA  
6pm-6.45pm AQUA CIRCUITS  
7pm-8pm BODY BLAST

## THURS

8am-8.45am AQUA  
9am-9.45am LEGS, BUMS & TUMS  
10am - 10.45am BODY STRENGTH  
10.15am-10.45am AQUA EXPRESS  
11am-12pm PILATES  
12pm-12.45pm FUNCTIONAL BALANCE & MOBILITY  
1pm-1.45pm POWER CORE

5.45pm-6.30pm BOOTCAMP  
8.15pm-9pm 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  
10am-10.45am AEROBICS  
10.45am-11.30am BOOTCAMP

## SUN

NONE