

NEW CLASS TIMETABLE

Begins Monday 8th February

(Classes can be booked 6 days in advance, from Tuesday 2nd Feb)

MONDAY

YOGA

50 : 50 (BODY COMBAT / BODY ATTACK)

AQUA FIT

BODY COMBAT

AEROBICS

AQUA FIT

BODY PUMP

BODY ATTACK

MELANIE

CARRIE

LEE

SAM

AMY

CARRIE

FIONA

CARRIE

10:00-11:00

11:00-12:00

11:15-12:00

17:45-18:45

18:45-19:30

19:05-19:50

19:30-20:30

20:30-21:15

TUESDAY

BODY BALANCE

BODY COMBAT

AQUA FIT

BODY PUMP

BODY ATTACK

BODY COMBAT

BODY BALANCE

CARRIE

PHIL

CARRIE

CATRIONA

JENNA

TOM

TOM

09:30-10:30

10:30-11:30

10:45-11:30

17:45-18:45

18:45-19:30

19:30-20:30

20:30-21:15

WEDNESDAY

20 : 20 : 20 (AEROBICS / TONING / CORE)

PILATES

CIRCUITS

BODY PUMP

AQUA FIT

AEROBICS

BODY COMBAT

LESLEY

LESLEY

CATRIONA

KAREN

JENNY

AMY

MARIANNE

09:30-10:30

10:30-11:30

17:45-18:30

18:30-19:30

19:00-19:45

19:30-20:15

20:15-21:15

THURSDAY

BODY PUMP

AQUA FIT

BODY BALANCE

STEP 'N' TONE

BODY COMBAT

PILATES

FIONA

JENNY

FIONA

CATRIONA

CATRIONA

EILEEN

09:30-10:30

10:30-11:15

10:30-11:30

18:00-19:00

19:00-20:00

20:00-21:00

FRIDAY

LEGS, BUMS & TUMS

YOGA

BODY PUMP

POWERSTRETCH

LESLEY

MELANIE

CATRIONA

CATRIONA

10:00-11:00

11:00-12:00

17:30-18:30

18:30-19:30

SATURDAY

BODY COMBAT

BODY PUMP

PILATES

CATRIONA

CATRIONA

EILEEN

09:00-10:00

10:00-11:00

11:15-12:15

SUNDAY

CIRCUITS

50 : 50 (BODY COMBAT / BODY ATTACK)

BODY BALANCE

JADE

CARRIE

CARRIE

10:00-11:00

14:00-15:00

15:00-16:00