



CLASS TIMETABLE

MON	TUE	WED	THUR	FRI	SAT	SUN
06:15 <i>Spin Class</i> 45 Mins	06:15 <i>Functional</i> 30 Mins	06:15 <i>Spin Class</i> 45 Mins	06:15 <i>Functional</i> 30 Mins	06:15 <i>Spin Class</i> 45 Mins	08:00 <i>Spin Class</i> 45 Mins	08:00 <i>Spin Class</i> 45 Mins
07:00 <i>Circuits</i> 45 Mins	07:00 <i>Aquaerobics</i> 45 Mins	07:00 <i>HIIT</i> 30 Mins	07:00 <i>Aquaerobics</i> 45 Mins	07:00 <i>Circuits</i> 45 Mins	10:30 <i>Dance Fit</i> 45 Mins	10:30 <i>Circuits</i> 45 Mins
09:30 <i>Functional</i> 30 Mins	11:00 <i>Active Life (Over 50's)</i> 45 Mins	09:30 <i>Functional</i> 30 Mins	09:30 <i>Yin Yoga</i> 45 Mins	09:30 <i>Functional</i> 30 Mins	14:00 <i>Functional</i> 30 Mins	11:30 <i>Fitness Undiluted</i> 45 Mins
12:15 <i>Aquaerobics</i> 45 Mins	18:00 <i>Legs, Bums and Tums</i> 45 Mins	12:15 <i>Aquaerobics</i> 45 Mins	11:00 <i>Active Life (Over 50's)</i> 45 Mins	12:15 <i>Aquaerobics</i> 45 Mins		
14:00 <i>Chair Fit</i> 60 Mins	19:00 <i>Functional</i> 30 Mins	17:00 <i>Functional</i> 30 Mins	17:00 <i>Boot Camp</i> 45 Mins	17:00 <i>Yin Yoga</i> 45 Mins		
18:00 <i>Spin Class</i> 45 Mins		18:00 <i>Spin Class</i> 45 Mins	18:00 <i>Pilates</i> 45 Mins	18:00 <i>Box Fit</i> 45 Mins		
19:00 <i>HIIT</i> 30 Mins		19:00 <i>Zumba</i> 45 Mins	18:00 <i>HIIT</i> 30 Mins	19:00 <i>Abs Blast</i> 30 Mins		
			19:00 <i>Pilates</i> 45 Mins			
			19:00 <i>Functional</i> 30 Mins			



SIGN UP NOW!

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