

# Fitness class timetable



MONDAY 8am – 8pm	TUESDAY 7am – 8pm	WEDNESDAY 8am – 6pm	THURSDAY 8am – 8pm	FRIDAY 7am – 6pm	SATURDAY 9am – 5pm
10.30am – 11.30am 11.30am – 12.30pm PILATES	8am – 8.45am FIT BLITZ  11.30am-12.10pm 12.10pm-12.45pm FALLS PREVENTION	8.45am-9.15am AQUA TONE  11am – 12pm YOGA	8am – 8.45am FIT BLITZ	10.30am – 11.15am ZUMBA FIT  11.45am-12.15pm FALLS PREVENTION	
1.30pm – 2.15pm CIRCUITS	2pm – 3pm YOGA	12pm – 12:30 TAI CHI	2pm – 2.45pm AQUA		<b>SUNDAY 9am – 5pm</b>
					1pm – 2pm GRAND CHILDREN SWIM £3.00 / child £5.00 for 2
6.30pm – 7.15pm AQUA	6pm – 6.30pm GYM TONE  6.30pm – 7.00pm CORE & ABS		6.15pm – 7.00pm TAI CHI		CLASSES ARE ON A FIRST COME FIRST SERVED BASIS