



wellnesspa

# Fitness Class Timetable 2018

Monday 8.00am - 7.00pm	Tuesday 8.00am - 8.00pm	Wednesday 8.00am - 8.00pm	Thursday 8.00am - 9.00pm	Friday 8.00am - 6.00pm	Saturday/Sunday 9.00 - 5.00pm
9.00 - 9.45am Strength & Balance	9.00 - 9.45am Strength & Mobility	9.00 - 9.45am Pilates	9.00 - 9.45am Strength & Mobility	9.00 - 9.30am Aerobics	
10.00 - 10.30am Aqua Fit	10.15 - 11.00am Guided Gym 11.15 - 12.00 Ladies Circuits	10.00 - 10.30am Aqua Zumba	10.15 - 11.00am Guided Gym	9.45 - 10.30am Pilates	
11.30 - 12.00pm Tai Chi	12.15 - 1.00pm Pilates	11.30 - 12.00pm Tai Chi			
2.30 - 3.00pm Balance & Stability	2.30 - 3.00pm Aqua Balance	2.30 - 3.00pm Balance & Stability		2.30 - 3.00pm Balance & Stability	
		4.00 - 4.30pm Maple Exercise	4.00 - 4.30pm Sycamore Exercise		
	6.00 - 6.45pm Aqua Circuits 6.45 - 7.30pm Pilates	6.00 - 7.00pm Yoga	6.00 - 6.45pm Aqua Fit		
					<b>Telephone: (01235 774575)</b>

**Key:**

**Green:** Strength, Mobility and Balance (Level 1) with seated and standing options.

**Red:** Strength, Mobility and Balance (Level 2/3).

**Purple:** Aerobic Exercise to Music (Level 2/3).