

# 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	11am – 12pm YOGA	8am – 8.45am FIT BLITZ  11.30am – 12pm TAI CHI	10.30am – 11.15am ZUMBA FIT	
3pm – 3.45pm CIRCUITS	6.30pm – 7.15pm STRETCH & TONE		2pm – 2.45pm AQUA		<b>SUNDAY 9am – 5pm</b>
6.30pm – 7.15pm AQUA			6.15pm – 7.15pm TAI CHI		1pm – 2pm GRAND CHILDREN SWIM
					<b>BOOKING IS ESSENTIAL FOR ALL CLASSES</b>