



wellnesspa

fitness class timetable

MONDAY 8am – 7pm	TUESDAY 8am – 8pm	WEDNESDAY 8am – 9pm	THURSDAY 8am – 8pm	FRIDAY 8am – 6pm	SATURDAY 9am – 5pm
9:45am AQUA STRETCH 11:15am MOVEMENT TO MUSIC (Care Floor – Willow) 11:30am – 12:30pm (PRIVATE BOOKING MS SOCIETY)	9:00am PURE STRETCH 10:00am TAI CHI (SEATED) 10.45am TAI CHI (STANDING) 11:30am STAND STEADY	11:00am DANCE FIT 11:30am PILATES	9:15am TAI CHI (STANDING) 11:00am STAND STEADY 12:00pm TAI CHI (SEATED)	9:15am TAI CHI (SEATED) 10:30am FALLS PREVENTION 11:30am AQUA AEROBICS	
3:00pm FALLS PREVENTION 4:00pm DANCE FIT	3:00pm PILATES 4:00pm LEGS, BUMS & TUMS	2:15pm AQUA INTENSE 3:15pm REVERSE FALLS	2:00pm BALLS OF ENERGY (Care Floor – Willow) 2:15pm PILATES 3:00pm LEGS, BUMS & TUMS	2:00pm SEATED EXERCISE (Care Floor – Willow) 2:30pm PURE STRETCH	SUNDAY 9am – 5pm
3:30pm – 4:30pm RESIDENT ONLY SWIM 4:30pm YOGA 5:15pm POWER PUMP	3:30pm – 4:30pm RESIDENT ONLY SWIM 5:30pm AQUA AEROBICS 6:30pm LEG. BUMS & TUMS	3:30pm – 4:30pm RESIDENT ONLY SWIM 4:00pm YOGA 5:00pm CALLENTICS 6:00pm CIRCUITS	3:30pm – 4:30pm RESIDENT ONLY SWIM 5:30pm AQUA STEADY	3:30pm – 4:30pm RESIDENT ONLY SWIM	BOOKING IS ESSENTIAL FOR ALL CLASSES
					1:45pm – 2:45pm GRAND CHILDREN SWIM