

Group Exercise Timetable

Your experience begins here....



	12:15-12:45	LUNCHTIME CIRCUIT
	18:00-19:00	SPINNING(LEE)
	19:00-20:00	RUNNING CLUB (LEE)
	19:00-20:00	L.B.T (OLIVER)
MONDAY	20:00-21:00	TAE KWONDO(PAID CLASS)
	12:15-12:45	FITBALL
TUESDAY	18:00-18:45	AEROBICS (CLAIRE)
	19:00-20:00	SPINNING(LEE)
	12:15-12:45	LUNCHTIME CIRCUIT
	10:00-10:45	L.B.T
WEDNESDAY	18:00-18:45	ZUMBA (ERIN)
	19:00-20:00	YOGA (KAREN)
	12:15-12:45	LEGS BUMS 'N' TUMS
THURSDAY	17:30-18:30	BODY PUMP (JADE)
	19:00-20:00	PILATES - INTERMEDIATES (MARC)
	20:00-21:00	FIDGET FITNESS (PAID CLASS)
	12:15-12:45	LUNCH TIME CIRCUIT
FRIDAY	18:00-18:45	ZUMBA(ERIN)
	19:00-19:45	SPINNING(LEE)
SATURDAY	9:00-10:00	PILATES BEGINNERS(MARC)
	10:00-11:00	PILATES INTERMEDIAT(MARC)
	11:00-11:45	SPINNING (OLIVER)
	12:45-13:45	ZUMBA (HOLLY)
SUNDAY		

**KETTLE PLATE
COURSES ARE
AVAILABLE ON
REQUEST**

