

Class Timetable

	AM	PM
Monday	Spinning 7.00am-7.30am	Legs, bums and tums 6.00pm-6.45pm Aquafit 7.00pm-7.45pm
Tuesday		Tai Chi 6.00pm-7.00pm Spinning 7.30pm-8.15pm
Wednesday	Aquafit 10.00am-10.45am	Circuits 6:30pm-7:30pm
Thursday		Lohan Yoga 6.30-7.30pm Spinning 6:30pm-7:15pm Aquafit 7.30-8.15pm
Friday		Spinning 7.30pm-8.15pm
Saturday		
Sunday	Spinning 10:00am-10:45am	

Please make sure you book into each class as you may be denied entry if the class is full, or if the class has already started due to missing the important warm up.