

Class Timetable

	AM	PM
Monday		Legs, bums and tums 6.00pm-6.45pm Aquafit 7.00pm-7.45pm
Tuesday		Tai Chi 6.00pm-7.00pm with Chris Spinning 7.30pm- 8.15pm
Wednesday	Aquafit 10.00am- 10.45am	Circuits 6:30pm-7:30pm
Thursday		Lohan Yoga 6.30- 7.30pm With Chris 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. Missing the warm-up may cause injury.