

Class Timetable

Please note the timetable is subject to change without notice

DAY	9.00	10.00	11.00	12.00	13.00	14.00	15.00	16.00	17.00	18.00	19.00
MON	Aqua Aerobics 9.45	Pilates 10.00	Pilates 10.45				Weight and Nutrition check-up	Weight and Nutrition check-up			
TUE	Aqua Aerobics 9.45						Legs, Tums & Bums 15.00				
WED	Aqua Aerobics 9.45		Abs Blast 11.00					Legs ,Tums & Bums 16.00			
THU	Power Walk 9.30	Yoga 10.00	Abs Blast 11.00				Pilates 15.00	Circuit Training 16.00			
FRI	Circuit Training 9.30		Friday weigh in 11.00					Boxercise 16.00		Friday weigh in 6pm	
SAT			Aqua Aerobics 11.00				Legs, Tums &Bums 15.00				
SUN		Legs, Tums &Bums 10.15	Aqua Aerobics 11.00				Weight and Nutrition check-up	Weight and Nutrition check-up			

Class Lengths & Capacity:

- Pilates – 45 min – 1hr – 8 people
- Aqua Aerobics – 30 minutes – 8 people
- Abs Blast/Legs, Bums & Tums-15 - 30 minutes - 4 people

- Personal Training – 1 hour *Personal training involves a one to one workout lasting for 60 minutes.*
- Power walk in the gym or outside 30mins
- Boxercise - 20 minutes - 2 people