



Fitness Class Timetable

Please view our exciting range of fitness classes. Welcome to all levels and ages (16+). We are looking to release more classes soon.

Monday

9:30AM— 10:15AM	Aqua
10:45AM— 11:15AM	Stretch
11:45AM— 12:30PM	Aqua
6:00PM—6:45PM	HIIT & Abs Blast
6:50PM—7:35PM	Yoga

Wednesday

6:00PM—6:45PM	Body Sculpture
6:50PM—7:30PM	Zumba

Thursday

10:30AM— 11:00AM	Stretch
11:30AM— 12:15PM	Aqua

Friday

9:30AM— 10:15AM	Conditioning
10:20AM— 11:05AM	Yoga



‘ There are 1,440 minutes in a day. Can’t you spare 30 to 60 of them for exercise?’