

AQUA TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6.30am	AQUA			AQUA		
9.30am	AQUA	AQUA	AQUA	AQUA		
10.30am			<i>Gentle</i> AQUA			
10.45am					<i>Gentle</i> AQUA	
6.30pm	AQUA		AQUA			

GROUP FITNESS TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5.45am	GRIT	FUNCTIONAL FITNESS	ABT	BOOTCAMP	CARDIO BOXING 	
6.15am			YOGA 			
8.00am						BURN 
8.30am	LES MILLS BODYPUMP	Circuit 8.45AM	LES MILLS BODYPUMP 8.45AM	FUNCTIONAL FITNESS 8.45AM	Circuit 	
9.30am					YOGA 	
9.45am			LES MILLS Shapes 9.45AM			
10.30am			FIT N FAB		FIT N FAB	TEEN FITT
10.45am	Chair Yoga 	Chair Yoga 		YOGA 		
3.30pm		TEEN FITT				
5.30pm	RESISTANCE TRAINING	HIT		LES MILLS BODYPUMP		
7.00pm		RESISTANCE TRAINING		RESISTANCE TRAINING		