

MON

8am-9am	PILATES
9am-9.45am	AQUA
9.15am-9.45am	HIT
10am-10.45am	CARDIO DANCE
11am-11.45am	AQUA
11am-12pm	PILATES
12pm-1pm	PILATES
6pm-6.45pm	STEP AEROBICS
7pm-7.45pm	AQUA
7pm-8pm	BODY BLAST
8pm-9pm	CLUBBERCISE

TUES

8am-8.45am	AQUA
9.15am-10am	BODY STRENGTH
10am-10.45am	FREESTYLE FUN
11am-11.45am	AQUA
11am-12pm	YOGA
12pm-12.45pm	LEGS,BUMS & TUMS
5.45pm-6.45pm	PILATES
6.15pm-7pm	AQUA
7pm-7.45pm	ZUMBA

WEDS

9.15am-10am	CORE & STRENGTH
10am-10.45am	EASY DOES IT
11am-11.45am	AQUA
11am-12pm	MINDFUL YOGA
12pm-1pm	BODY STRENGTH
2pm-2.45pm	ZUMBA GOLD
5.30pm-6.30pm	DYNAMIC YOGA
6pm-6.45pm	AQUA CIRCUITS
7pm-8pm	BODY BLAST

THURS

8am-8.45am	AQUA
9am-9.45am	LEGS, BUMS & TUMS
10.15am-10.45am	EXPRESS AQUA
11am-12pm	PILATES
12pm-1pm	TOTAL BODY CONDITIONING
1pm-1.45pm	FUNCTIONAL BALANCE & MOBILITY
5.30pm-6.30pm	DYNAMIC YOGA
6.30pm-7.30pm	BODY STRENGTH

FRI

8.45am-9.25am	DANCE AEROBICS
9.30am-10.15am	AQUA CIRCUITS
9.45am-10.30am	BOOTCAMP
10.30am-11.30am	BALL PILATES
11.30am-12.30pm	YOGA

SAT

8.30am-9.30am	PILATES
9am-9.45am	AQUA CIRCUITS

SUN

NONE

AQUAMANDA