

MON

9am-9.45am
AQUA ZUMBA

10am-10.45am
CARDIO DANCE

11am-11.45am
AQUA

11am-12pm
PILATES

12pm-1pm
PILATES

5.45pm-6.45pm
PILATES

7pm-7.45pm
AQUA

7pm-8pm
BODY BLAST

8pm-8.45pm
CLUBERCISE

TUES

8am-8.45am
AQUA

9.15am-10am
BODY STRENGTH

10am-10.45am
DANCE STEP

11am-11.45am
AQUA

11am-12pm
YOGA

6.15pm-7pm
AQUA

6pm-7pm
SOMATIC MOVEMENT

7pm-7.45pm
ZUMBA

WEDS

9.15am-10am
CORE & STRENGTH

10am-10.45am
FREESTYLE FUN

11am-11.45am
AQUA

11am-12pm
MINDFUL YOGA

12pm-12.45pm
BODY STRENGTH

2pm-2.45pm
ZUMBA GOLD

5.30pm-6.30pm
DYNAMIC YOGA

7pm-8pm
BODY BLAST

THURS

8am-8.45am
AQUA

10.15am-10.45am
EXPRESS AQUA

11am-12pm
PILATES

12pm-12.45pm
TOTAL BODY CONDITIONING

5.30pm-6.30pm
DYNAMIC YOGA

6.30pm-7.30pm
BODY STRENGTH

7.30pm-8.30pm
CHILLOUT YOGA

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