

# FITNESS CLASS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Spin Express 07:15 - 07:45	Spin Express 07:15 - 07:45	Social Gym * 09:45 - 10:45	Spin 11:30 - 12:15	Spin Express 07:15 - 07:45	Spin Express 08:15 - 08:45
Social Gym * 09:45 - 10:45	Circuits 12:30 - 13:00	Social Circuits * 11:00 - 12:00	HIIT 12:30 - 13:00	Circuits 09:30 - 10:15	L1ft 09:00 - 09:45
Social Circuits * 11:00 - 12:00	Spin Express 17:30 - 18:00	Spin 17:15 - 18:00	Aquafit 13:00 - 13:45	Social Gym * 09:45 - 10:45	Metafit 10:00 - 10:30
Aquafit 12:30 - 13:15	Body Conditioning 17:45 - 18:30	L1ft 18:15 - 19:00	Aquafit 14:00 - 14:45	Core Stability 10:20 - 10:50	
L1ft 18:15 - 19:00	Stretch & Tone 18:40 - 19:25	Pilates 19:10 - 20:10	Metafit 17:30 - 18:00	Social Circuits * 11:00 - 12:00	
Zumba 18:15 - 19:15			Spin 18:00 - 18:45	Aquafit 12:15 - 13:00	
Yoga 19:10 - 20:10			Total Body Workout 18:05 - 18:50	Spin Express 17:30 - 18:00	
			Yoga 19:00 - 20:00	Zumba 18:00 - 19:00	

\*Wellbeing Class