



# NOVEMBER LEISURE CLASSES



	M	T	W	T	F	S	S
9.30am	Aqua	Bells & Bars	TRX & Tone	Circuits	HIIT		
10.30am		GYM INDUCTION		GYM INDUCTION			
12.30pm	Circuits	HIIT	Full Body Blast	TRX & Tone	Beginner Circuits	Beginner Circuits	GYM INDUCTION
6.00pm		GYM INDUCTION			GYM INDUCTION		
6.30pm	Spin & Core	TRX & Tone	Bells & Bars	HIIT	Aqua		
7.15pm	Circuits		Legs, Bums & Tums				
7.45pm			Aqua				

## ALL CLASSES ARE 30 MINUTES LONG

Please note timetable is subject to change.

Ask staff about our WhatsApp group to keep up to date.

Participants must arrive at least 5 minutes early for ALL classes.