



LEISURE CLASSES



	M	T	W	T	F	S	S
9.30am	Aqua	Bells & Bars	TRX & Tone	Circuits	HIIT		
10.30am		Pilates	Into to Pre /Post Natal Exercise	GYM INDUCTION			
12.30pm	Circuits	HIIT	Full Body Blast	TRX & Tone	Spin	Circuits	Into to Pre /Post Natal Exercise
6.00pm		GYM INDUCTION			GYM INDUCTION		
6.30pm	Spin	Circuits	Bells & Bars	HIIT	Aqua		
7.15pm	GYM INDUCTION	Bootcamp	Pilates	Bootcamp			
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.

Minimum of 2 participants required for class to go ahead.