



	M	T	W	T	F	S	S
9.30am	Aqua	Bells & Bars	TRX & Tone	Circuits	HIIT		
10.30am		Pilates*	Intro to Pre /Post Natal Exercise	GYM INDUCTION			
12.30pm	Circuits	HIIT	Full Body Blast	TRX & Tone	Spin	Circuits	Intro 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

*Paid Additional Classes

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.