

# Class Timetable



		06:30	07:00	08:00	09:00	10:00	11:00	12:00	13:00		16:00	17:00	18:00	19:00	20:00	21:00
Monday	Squash Courts															
	Gym											Junior Gym				
	Studio												Men That Stretch			
	Spin Zone						Yoga						Studio Cycling		Yoga	
	Sports Hall							Step					Zumba			
	Astro														Bootcamp	
	Pool				Aqua											
Tuesday	Squash Courts															
	Gym												Boogie Bounce			
	Studio												Yoga			
	Spin Zone												Studio Cycling		Yoga	
	Sports Hall														Kettlebells	
	Astro															
	Pool				Aqua											
Wednesday	Squash Courts										Junior Gym	Junior Gym				
	Gym															
	Studio												Pilates			
	Spin Zone	Studio Cycling					Vinyasa Flow Yoga						Studio Cycling		Pilates	
	Sports Hall															
	Astro															
	Pool				Aqua											
Thursday	Squash Courts										Junior Gym					
	Gym															
	Studio												Yoga			
	Spin Zone												Studio Cycling			
	Sports Hall														Kettlebells	
	Astro															
	Pool				Aqua											
Friday	Squash Courts										Junior Gym	Junior Gym				
	Gym															
	Studio												Yoga			
	Spin Zone	Studio Cycling											Studio Cycling			
	Sports Hall															
	Astro															
	Pool				Aqua											
Saturday	Spin Zone				Studio Cycling	Studio Cycling										
Sunday	Studio					Pilates										
	Spin Zone						Studio Cycling									

	Mind & Body		Circuit Training		Toning
	Studio Cycling		Strength/Core		Junior Fitness
	Aqua		Dance		50+

July-August 2022