

# Class Timetable

## Easter Weekend

### Friday 29th

Time	Class	Location
9.30am	Stages Cycle	Stages Studio
9.20am	Pilates	Studio One
10.30am	Yoga	Studio One
12.05pm	Aqua Aerobics	Teaching Pool
6.15pm	Barre Concept	Studio One

### Saturday 30th

Time	Class	Location
8.30am	Stages Cycle	Stages Studio
8.40am	Legs, Bums, Tums	Studio One
9.35am	Les Mills Body Combat	Studio One
10.35am	Les Mills Body Pump	Studio One
11.45am	Yoga	Studio One

### Sunday 31st

Time	Class	Location
9.30am	Les Mills Body Pump	Studio One
9.30am	Stages Cycle	Stages Studio
10.45am	Pilates	Studio One

### Monday 1st

Time	Class	Location
9.15am	Full Body workout	Studio One
10.10am	Stages Cycle	Stages Studio
10.15am	Body Conditioning	Studio One
11.30am	Yoga	Studio One
12.00pm	Aqua Aerobics	Teaching Pool
12.45pm	Pilates	Studio One
18.30pm	Deep Water Aqua	Teaching Pool

