

Class Timetable

May Bank Holiday

Monday 6th May

Time	Class	Location
9.15am – 10.00am	Full Body Workout	Studio One
10.10am – 10.55am	Stages Cycle	Stages Studio
10.15am – 11.15am	Body Conditioning	Studio One
11.30am – 12.30pm	Yoga	Studio One
12.00pm – 12.45pm	Aqua Aerobics	Teaching Pool
12.45pm – 13.45pm	Pilates	Studio One
17.30pm – 18.30pm	Les Mills Body Pump	Studio One
18.45pm – 19.45pm	Pilates	Studio One

Monday 27th May

Time	Class	Location
9.15am – 10.00am	Full Body Workout	Studio One
10.10am – 10.55am	Stages Cycle	Stages Studio
10.15am – 11.15am	Body Conditioning	Studio One
11.30am – 12.30pm	Yoga	Studio One
12.00pm – 12.45pm	Aqua Aerobics	Teaching Pool
12.45pm – 13.45pm	Pilates	Studio One
17.30pm – 18.30pm	Les Mills Body Pump	Studio One
18.45pm – 19.45pm	Pilates	Studio One

