

Class Timetable

Easter Weekend

Friday 18th April

Time	Class	Location
7.00am	Stages Cycle	Stages Studio
9.30am	Stages Cycle	Stages Studio
10.30am	Yoga	Studio One
12.05pm	Aqua Aerobics	Teaching Pool

Saturday 19th April

Time	Class	Location
8.30am	Stages Cycle	Stages Studio
9.35am	Circuits	Studio One
9.30am	Stages Virtual	Stages Studio
10.35am	Body Pump	Studio One
11.45am	Yoga	Studio One

Sunday 20th April

Time	Class	Location
8.30am	Stages Cycle	Stages Studio
9.30am	Body Pump	Studio One
9.30am	Stages Cycle	Stages Studio
10.45am	Pilates	Studio One



Class Timetable

Monday 21st April

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
5.30pm	Body Pump	Studio One
6.45pm	Pilates	Studio Two
7.00pm	Deep Water Aqua	Teaching Pool

