

Class Timetable

May Bank Holiday

Monday 6th May

Time	Class	Location
8.30am	Full Body workout	Dance Studio
9.30am	Stages Cycle	Stages Studio
10.15am	Gym Floor Class	Gym Floor
10.15am	Aqua Aerobics	Pool
11.10am	Aqua Aerobic	Pool
11.30am	Core Conditioning	Dance Studio
12.45pm	Pilates	Dance Studio
5.15pm	Kettles	Dance Studio
6.30pm	Grit	Prama Studio
6.30pm	Stages Cycle	Stages Studio
7.00pm	Pilates	Dance Studio

