

Class Timetable

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

9:00-10:00

AQUA AEROBICS
9am -10am

LEGS, BUMS &
TUMS 9am - 10am

AQUA AEROBICS
9am - 10am

LEGS, BUMS &
TUMS 9am - 10am

YOGA
9am - 10am

10:00-11:00

YOGA
10:30am - 11:30am

TURTLE
TOTS
9 - 1pm

BOXFIT
10:30am - 11:15am

PILATES
10:30am - 11:30am

11:00-12:00

RETRO AEROBICS
11:15am - 12pm

DANCE FITNESS
11:15am - 12pm

12:00-13:00

FITNESS PILATES
12pm- 12:45pm

FITNESS PILATES
12pm - 12:45pm

13:00-14:00

KETTLEBELLS
1pm - 2pm

BOXFIT
1:15pm - 2pm

HIIT
1pm - 2pm

14:00-15:00

HIIT
2:15pm - 3pm

VINYASA YOGA
2:45pm - 3:45pm

YIN YOGA
2:45pm - 3:45pm

15:00-16:00

YIN YOGA
4pm - 5pm

VINYASA YOGA
4pm - 5pm

16:00-17:00

17:00-18:00

18:00-19:00

YOGA
6pm - 7pm

LEGS, BUMS &
TUMS 6pm - 7pm

BURLESQUE
6pm - 7pm

19:00-20:00