



Temporary Class Timetable (From 14th August 2020)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Dance Fit 10.00am – 11.00am Main Hall	Yoga Flow 10.00am – 11.00am Main Hall	Aerotone 9.15am – 10.15am Main Hall	Legs, Bums & Tums 10.00am – 11.00am Main Hall	Pump & Tone 10.00am – 11.00am Main Hall	Pilates 9.45am – 10.30am Main Hall	
Piloxing 6.00pm – 7.00pm Main Hall	Pump & Shred 7.00pm – 8.00pm Main Hall	Yoga & Meditation 11.45pm – 1.00pm Main Hall	Indoor Cycling 5.45pm – 6.30pm Main Hall	Yoga 12.15pm – 1.15pm Dance Studio	HIIT 11.00am – 12.00pm Main Hall	
Zumba Step 7.45pm – 8.45pm Main Hall	Zumba 8.00pm – 9.00pm Dance Studio	Zumba 6.00pm – 7.00pm Main Hall	Pump & Shred 7.00pm – 8.00pm Main Hall	Indoor Cycling 7.30pm – 8.15pm Main Hall		
		Kettlebells 6.45pm – 7.30pm Dance Studio	Fitness Yoga 8.00pm – 9.00pm Dance Studio			

Area Key:

Blue – Main Hall

Yellow – Dance Studio