

LEISURE CLUB CLASS TIMETABLE

MONDAY

FUNCTIONAL GYM

07.15 - 07.45

CIRCUITS

09.15 - 09.45

LEGS, BUMS & TUMS

09.55 - 10.25

SPIN

17.45-18.15

AQUA AEROBICS

18.30 -19.00

YOGA

18.30 - 19.30

TUESDAY

FUNCTIONAL GYM

07.15 - 07.45

KETTLES

09.15 - 09.45

STRETCH & TONE

09.55 - 10.25

FUNC FITNESS

17.30-18.15

SPIN

18.25 —18.55

WEDNESDAY

FUNCTIONAL GYM

07.15 - 07.45

SEATED MOBILITY

09.15 - 09.45

YOGA

10.00 - 11.00

STEP

17.30 - 18.00

KETTLES

18.10 - 18.40

PILATES

19.00 - 20.00

THURSDAY

FUNCTIONAL GYM

07.15 - 07.45

STRETCH & CORE

09.15 - 09.45

AQUA AEROBICS

10.00 - 10.30

ZUMBA

11.00 - 11.45

SPIN

17.30 - 18.00

CORE BLAST

18.05 -18.25

ZUMBA

18.00 - 18.45

FRIDAY

FUNCTIONAL GYM

07.15 - 07.45

FUNC FITNESS

09.15 - 10.00

YOGA

10.30 —11.30

SATURDAY

FUNC GYM

08.15 - 08.45

SUNDAY

PILATES

10.00 - 11.00