



TIMETABLE 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Aqua Fit 9.30am	Aqua Fit 9.30am	Aqua Fit 9.30am	Aqua Fit 9.30am	
	Lunch Time Blt (Buttocks, legs & Tummy) 1:00pm		Lunch Time Blt (Buttocks, legs & Tummy) 1:00pm	
Barbell Blast 6:00pm	Boxercise 6:00pm	Spin 6:00pm	Boxercise 6:00pm	Barbell Blast 6:00pm
HIIT Training 7:00pm	Aqua Fit 7:30pm	Spin & Core 6:30pm	Aqua Fit 7:30pm	HIIT Training 7:00pm
Spin 8:00pm		Circuits 7:30pm		

-  HIIT Training
-  Aqua Fit
-  Spin
-  Circuits
-  Barbell Blast
-  Lunch Time BLT
-  Boxercise

Please book your class in advance to avoid disappointment, bring a towel and water to all classes and please arrive on time for classes.