



CLASS TIMETABLE 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Aqua 9.30am	Aqua 9.30am	Aqua 9.30am	Aqua 9.30am	Spin 9.30am	Pilates 10.00am
KB 10.30am	BLT 10.30am	Barbell Blitz 10.30am	Pick & Mix 10.30am	Pilates 10.30am	
Spin 6:00pm	Box Fit 6:00pm	Spin 6:00pm	Box Fit 6:00pm	KB 6:00pm	
Aqua 7:00pm				Aqua 7:00pm	

 Aqua Aerobics	 Spin	 Boxing	 Kettlebells
 Pick & Mix	 Barbell Blitz	 Kettlebells	

Aqua - Aqua Aerobics, low impact, fun, pool exercise for all ages.

Spin - Indoor cycle to the music, challenging fun workout.

BoxFit - Exercise session iwth elements of boxing.

Pilates - Wellbeing based workout, for any fitness level and age, great for rehabilitaiton.

KB - Weight and endurance class.

Pick & Mix - Surprise training, great chance to try new ways of training.

Barbel Blitz - Free weights, endurance whole body workout, great intro to gym bases exercises.

BLT - Workout targeting bums, legs and tums.