

	A.M. Classes				P.M. Classes			
Monday	9.00- 9.30 Monday Wake HIP	9.45-10:45 Boxercise	10-10.45 Aqua	11.45-12.30 Pilates/ Stretch	5.00-6.00 Zumba	6.00-7.00 Kick n Box	7.15-8.15 Yoga	
Tuesday	9.15-10.00 Spin/Tone	1.00 – 2.00 Zumba	3.00-4.15 Boot Camp		5.45-6.15 Aerobics	6.15-7.00 Step	7.15-8.00 Aqua	
Wednesday	9.45-10.45 Boxercise	11.00-11.45 Pilates	5.45-6.30 L.B.T.			6.30-7.30 Boxing Circuit	6.45-7.30 Aqua	
Thursday	9.30-10.15 Aqua	9.15-10.00 Spinning	10.15-10.45 Baby Swim			6.00-6.45 Boot Camp	6.45-7.15 Abs/Stretch	
Friday	10.00-11.00 Aqua	9.15-10.15 Pump Zone				5.45-6.30 Spinning	6.30-7.30 Boxing Circuit	
Saturday	10.00-11.00 Zumba		11.45-12.30 Aqua		12.00-12.45 Fit Ball			
Sunday	9.00-11.00 Swim Lesson	12.00-1.00 Circuit	<p>PLEASE BOOK IN AT RECEPTION OR BY PHONE UP TO 7 DAYS IN ADVANCE. ZUMBA AVAILABLE FROM 12TH SEPT 2011. CLASSES NOW OPEN TO NON-MEMBERS</p>					