



Winter 24-25 Class Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday
9.30	Cardio & Core	Hyrox Circuits	Spin and Tone *	Legs bums & tums	Bodysculpt
10.30	Stretch		Fit Over 50		Stretch
11.00		Aqua		Aqua	
6.30	Hyrox Circuits	Spin	Bodysculpt	Spin and Tone *	
7.30	Aqua				

Min of 5 people per gym class and 10 per pool classes

Any class with a * beside it is one hour long