

Winter 23-24 Class Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday
9.30	Cardio & Core	Circuits	Metcon*	Spin	Bodysculpt
10.30			Fit Over 50		Stretch
11.00		Aqua		Aqua	
6.30	Circuits	Spin	Bodysculpt	Metcon*	
7.30	Aqua		Aqua		

Min of 3 people per gym class and 5 per pool classes

Any class with a * beside it is one hour long