

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07:00	Virtual Request 07:00 - 09:25	Virtual Request 07:15 - 09:15	Virtual Request 07:15 - 11:00		Virtual Request 07:15 - 10:15		
08:00						Full Force Fitness 08:00 - 09:00	Virtual Request 08:00 - 11:00
09:00							
10:00	Sculpt and tone 09:30 - 10:30	Bodyblast 09:30 - 10:30	Pilates 09:30 - 10:30	Ignite 09:30 - 10:30		Junior Boxing 09:30 - 10:30	
	Stretch and Relax 10:30 - 11:30		Senior Mens 10:30 - 11:30		Stretch and Mobilize 10:30 - 11:30	Zumba 10:00 - 11:30	
11:00	Buggy and Go 11:00 - 12:00			Buggy and Go 11:00 - 12:00			Circuits 11:00 - 12:00
12:00	Virtual Request 12:00 - 17:45	Virtual Request 12:00 - 17:45	Virtual Request 12:00 - 18:00	Virtual Request 12:00 - 18:00	Virtual Request 12:00 - 18:00		
17:00	Junior Boxing		Junior Boxing				
	Bodybar	Kettlecise		Step and Tone 18:15 - 19:15			
19:00	Boxing Indoor Cycling 19:15 - 20:00	Kettlecise Ladies Boxing 19:00 - 20:00	Circuits (60) 18:15 - 19:15 Boxing 19:00 - 20:00		Boxing 19:00 - 20:00		
20:00	Indoor Cycling 20:00 - 20:45	Indoor Cycling	Zumba 19:30 - 20:30	Indoor Cycling 19:30 - 20:30			



2020 TIMETABLE

Classes are subject to change at short notice but every attempt will be made to stay upto date with the timetable.