



# WEEKLY CLASS TIMETABLE

	10am - 11am	5:30pm - 6:30pm	6:45pm - 7:45pm
MONDAY	PILATES	SPINNING	ZUMBA
TUESDAY	SPIN CIRCUITS	CIRCUIT TRAINING	TOTAL BODY CONDITIONING
WEDNESDAY	LEGS, BUMS & TUMS	SPINNING	TOTAL BODY CONDITIONING
THURSDAY	SPIN CIRCUITS	LEGS, BUMS & TUMS	CIRCUIT TRAINING
FRIDAY	ZUMBA	SPINNING	TOTAL BODY CONDITIONING

PLEASE CHECK NOTICE BOARDS OR ASK A MEMBER OF STAFF FOR ANY POSSIBLE CHANGES.