

Monday	Tuesday	Thursday	Friday
Power Pilates 18:00-19:00	Yoga 11:00-12:00	Cardio Pump 09:45-10:30	Aqua Fit 10:15-11:00
		Pilates 10:30-11:15	

Circuit training classes will be posted on the notice board on a monthly basis.

Key
Holistic
Cardiovascular