

Exercise Class Timetable

Tuesday	Thursday	Friday
Yoga Studio 11:00-12:00	Young at Heart Studio 09:45-10:30	AquaFit Pool 09:30-10:30
	Pilates Studio 10:30-11:15	Daily Burn 365 Studio 17:30-18:00
	Yoga Studio 18:00-19:00	

KEY	
	Holistic
	Cardiovascular