

Classes Timetable

Monday

- 6.30am-7.15am Circuits (Starting Dec 4th)
- 9.30am-10.30am 50+ Young at Heart (Starting Dec 11th)
- 11.00am Zumba Gold (Starting January 8th)
- 5.30pm-6.15pm Spinning (Starting January 8th)
- 6.15pm-7.00pm Core Blast (Starting Dec 4th)

Tuesday

- 6.45am-7.30am Spinning
- 9.30am 10.15am Spinning
- 10.30am-11.15am Bodytone

Wednesday

- 6.30am-7.15am Circuits (Starts Dec 6th)
- 6.30pm-7.30pm Yoga (Starts Dec 13th)
- 7.30pm-8.15pm HIIT Attack (Starts Dec 6th)

Thursday

- 9.30am-10.15am Spinning (Starts Dec 7th)
- 6.15pm-7.00pm Spinning (Starts Dec 7th)

Friday

- 11.30am - 12.30am Yoga (Starts Dec 15th)
- 6.30pm-7.30pm Clubbercise (starting Dec 15th)

Saturday

- 8.00am-8.45am Circuits (Starting January 6th)

9.00am - 9.45am Spinning (Starting January 6th)