

# FITNESS CLASS TIMETABLE

MONDAY	12.30 – 13.30 FITNESS CIRCUITS 17.30 – 18.00 INSANITY 18.00 – 19.00 ZUMBA 18.15 – 18.45 KRUNCH & KORE 19.00 – 19.45 GROUP CYCLING
TUESDAY	12.15 – 12.45 KRUNCH & KORE 17.30 – 18.00 SMASH H.I.T 18.00 – 18.45 GROUP CYCLING 19.00 – 20.00 BOXERCISE
WEDNESDAY	12.15 – 13.00 GROUP CYCLING 18.00 – 19.00 ZUMBA 18.15 – 19.00 GROUP CYCLING 19.30 – 20.30 BOOTCAMP CIRCUITS
THURSDAY	11.00 – 12.00 50+ FITNESS 12.30 – 13.30 FITNESS CIRCUITS 18.15 – 18.45 KRUNCH & KORE 19.00 – 19.45 GROUP CYCLING 19.15 – 20.15 BOXERCISE
FRIDAY	12.15 – 13.00 GROUP CYCLING
SATURDAY	10.30 – 11.30 TOTAL BODY 11.30 – 12.30 ZUMBA
SUNDAY	10.00 – 11.00 YOGA (from 17 <sup>th</sup> October) 11.30 – 12.30 BOOTCAMP CIRCUITS

