

Telephone: 047-77943



AUTUMN 2018 Timetable

Monday

| | |
|------------------|-------------------|
| 7.00am - 7.30am | Circuits |
| 9.30am - 10.15am | MET-CON |
| 5.30pm - 6.15pm | Night Rider & Abs |
| 6.30pm - 7.15pm | 15/15/15 |
| 7.30pm - 8.30pm | 50/50 |

Thursday

| | |
|-------------------|-----------------------|
| 7.00am - 7.30am | Knock-Out |
| 9.30am - 10.15am | 15/15/15 |
| 11.15am - 12.15pm | Tai Chi **Fee applies |
| 6.00pm - 6.45pm | Fit- Mix |
| 7.00pm - 7.45pm | Night Rider |

Tuesday

| | |
|------------------|-------------------|
| 7.00am - 7.30am | Tabata |
| 9.30am - 10.15am | Knock-Out |
| 6.00pm - 6.45pm | Body Blitz |
| 7.00pm - 7.45pm | Pilates Beg/Inter |
| 8.00pm - 8.45pm | Night Rider |

Friday

| | |
|------------------|--------------|
| 7.00am - 7.30am | Night Rider |
| 9.30am - 10.15am | H.I.I.T. |
| 6.00pm - 6.45pm | Tabata & Abs |
| 7.00pm - 7.30pm | Night Rider |

Wednesday

| | |
|------------------|-------------------|
| 7.00am - 7.30am | Body Blast |
| 9.30am - 10.15am | Night Rider & Abs |
| 6.00pm - 6.45pm | Circuits |
| 7.00pm - 7.30pm | H.I.R.T. |
| 7.45pm - 8.30pm | Pilates Inter/Adv |

Saturday

| | |
|-------------------|--------------------|
| 9.30am - 10.15am | Night Rider |
| 10.30am - 11.15am | Cardio Blast & Abs |

Sunday

| | |
|-------------------|----------|
| 10.00am - 10.45am | Circuits |
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Classes must be booked, can only be booked ONE day in advance.

Classes Free to Members