

Monday

Monday			
7am	Spin	30	Studio
9:15am	Aqua Aerobics	45	Pool
11am	Age Friendly Class	30	Balcony
1:15pm	Body Pump	30	Studio
5:15pm	Box Fit	30	Studio
6pm	Spin	30	Studio
6:45pm	Ab Attack	30	Balcony
Tuesday			
7am	Tone	30	Studio
8am	Spin	30	Studio
11:15am	Shapes	45	Studio
1:15pm	Spin	30	Studio
5:15pm	Circuits	45	Studio
6:15pm	Body Pump	30	Studio
7pm	Spin	30	Studio
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Wednesday			
7am	Spin	30	Studio
9:30am	Meet & Train	45	Track
11:15am	Ab Attack	30	Balcony
1:15pm	Box Fit	30	Studio
5:30pm	Body Pump	45	Studio
6:30pm	Shapes	30	Studio
7:15pm	Spin	30	Studio
Thursday			
Thursday 7am	Body Pump	30	Studio
-	Body Pump Aqua Aerobics	30 45	Studio Pool
7am			
7am 8am	Aqua Aerobics	45	Pool
7am 8am 10am	Aqua Aerobics Circuits	45 45	Pool Studio
7am 8am 10am 11am	Aqua Aerobics Circuits Tone	45 45 30	Pool Studio Balcony
7am 8am 10am 11am 1:15pm	Aqua Aerobics Circuits Tone Spin	45 45 30 30	Pool Studio Balcony Studio
7am 8am 10am 11am 1:15pm 5:15pm	Aqua Aerobics Circuits Tone Spin Kettlebells	45 45 30 30 30	Pool Studio Balcony Studio Studio
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