

# Winter Timetable

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.15am			SPINNING 30 mins				
10.30am		AQUA FIT 60 mins		AQUA FIT 60 mins		AQUA FIT 45 mins	
11.00am						11.30 STEP, BUMS & TUMS 45 mins	SPIN 45 mins
11.45am							AB-ATTACK 15 mins
1.10pm		SPIN & ABS 40 mins		SPIN & ABS 40 mins			
5.45pm	AB-ATTACK 15 mins						
6.00pm	TOTAL TONE 30 mins		AB-ATTACK 15 mins		SPIN 45 mins	<p><b>Class Etiquette</b></p> <p>Please arrive on time.</p> <p>Do not forget a Towel and Water</p> <hr/> <p>* Swimming Lessons, Yoga &amp; Pilates are paid for courses.</p> <p>Please ask Reception for details</p>	
6.15pm		AB-ATTACK 15 mins	TOTAL TONE 30 mins	STEP 45 mins			
6.30pm	SUPER SPIN 60 mins	BOXERCISE 60 mins					
6.30pm		AQUA FIT 45 mins		AQUA FIT 45 mins			
6.45pm			SPIN 45 mins	7.00 LOWER BODY BLITZ 30 mins			
7.00pm	SWIM LESSONS*	YOGA*	SWIM LESSONS*				
7.30pm	PILATES*		PILATES*	PILATES*			