

The Class Schedule is as follows, 7th January to 31st May

Monday:

9.00-9.45 BLT
10:00-10:45 Aqua Fit
10.00-11.00 Spin-n-Trim
11.00-11.45 Gold-n-Tone
5.15-6.00 Spin
7.00-7.45 Aqua Fit
7.00-8.00 Step + Tone
8.00-8.45 Spin
8.00-9.00 Body Rep
9.00-10.00 Yogalates

Saturday:

10.00-11.00 Spin-n-Trim
11.00-11.45 Fit Ball

Tuesday:

10:00- 10:45 Aqua Fit
10:00- 11.00 Power Combo
11.00- 11.45 Body Rep
4.15-5.00 Kids Swimming Lessons (Beg/Imp)
5.00-5.45 Kids Swimming Lessons (Adv)
7.00-8.00 Super Spin
7.00-7.45 Circuit
8:00- 9.00 Aqua Fit
8.00-8.45 Power Combo
9.00-9.45 BLT

Wednesday:

9.00- 9.45 Gold-n-Tone
10:00- 10:45 Aqua Fit
10:00 -11:00 Super Spin
11:00 - 11:45 Fit Ball
7:00- 8.00 Power Combo
7.30- 8.15 Adult Swim Lessons (Beg)
8.00-8.30 Begin 2 Spin
8:00- 9.00 Body Rep
8.15-9.00 Adult Swim Lessons (Imp)
9:00-9.45 Yogalates

Thursday:

10:00- 10:45 Aqua Fit
10:00- 11.00 Circuit
11.00-11.45 Yogalates
4.15-5.00 Kids Swimming Lessons (Beg/Imp)
5.00-5.45 Kids Swimming Lessons (Adv)
7.00-8.00 Power Combo
7.00-8.00 Super Spin
8.00-8.45 Fit Ball
8.00-8.45 Aqua Fit
9:00- 9.45 Yogalates

Friday:

10:00- 10:45 Aqua Fit
10.00-11.00 Spin-n-Trim
11.00-11.45 Gold 'n' Tone
4.15-5.00 Kids Splash
7.00-7.45 Spin
8.00-8.45 Total Tone