

Fitness Class Timetable

MON

09:30-10:15 **Kettle-fit**
 10:15-11:00 **HIIT**
 11:00-11:45 **50+ Aerobics**
 12:00-13:00 **Aqua-fit**
 18:00-18:45 **Aerobics**
 18:45-19:30 **LBT**
 20:00-20:50 **Aqua-fit**

TUES

09:30-10:15 **Body Conditioning**
 10:30-11:15 **Clubbercise**
 18:15-19:00 **Broadway Boogie**
 19:05-19:50 **Studio Cycle***

WED

09:30-10:15 **Bootcamp**
 10:30-11:15 **Studio Cycle***
 18:00-18:45 **Kettle-fit**
 18:45-19:30 **Yogalates**

THURS

09:30-10:15 **Step and Tone**
 10:15-11:00 **Fitness Pilates**
 18:15-19:00 **LBT**
 19:00-19:45 **Clubbercise**
 20:00-20:50 **Aqua-fit**

FRI

09:30-10:15 **LBT**
 10:15-11:00 **Broadway Boogie**
 11:00-11:45 **50+ Total Tone**
 12:00-13:00 **Aqua-fit**
 18:30-19:30 **Women's Self-Defence**

SAT

09:15-10:00 **Boxercise**

Geoff Moulder
 Leisure Complex

NO PAIN NO GAIN

***WARNING - strobe lighting is used in this class**