



# Fitness Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning</b>	11.15 - 12.00 Aqua Pilates	7.15 - 8.00 Aqua Fit			8.15 - 9.00 Aqua
		9.30 - 10.15 Legs, Bums & Tums			9.30 - 10.15 Fitness Flex & Flow
		10.30 - 11.15 Mum & Baby fitness session			10.30 - 11.15 Cardio Hiit
<b>Day Time</b>	12.15 - 13.00 Aqua Fit	12.15 - 13.00 Aqua	13.15 - 14.00 Aqua Fit	12.15 - 13.00 Aqua Pilates	12.15 - 13.00 Aqua Pilates
	14.00 - 14.45 Seated Flex & Flow		14.15 - 15.00 Mum & Baby Fitness Session	13.30 - 14.15 Gentle Flex & Flow	13.30 - 14.15 Legs, Bums & Tums
	15.00 - 15.45 Pilates			15.00 - 15.45 Clinical Pilates	
<b>Evening</b>	17.30 - 18.15 Legs, Bums & Tums		17.30 - 18.15 Total Tone	17.30 - 18.15 Barre	
	18.15 - 19.00 Seated Flex & Flow		18.30 - 19.15 Pilates	18.15 - 19.00 Fitness Flex & Flow	
	19.15 - 20.00 Aqua		19.30 - 20.15 Aqua	19.15 - 20.00 Aqua Pilates	

Aqua

Flex & Flow

Mum & Baby  
Fitness

Fitness

Pilates

All classes require booking through our website. This timetable may be subject to change.