

CLASS SCHEDULE

MONDAY

8am–9am	Pilates
9am–10am	Pilates
10am–11am	Fitball
5.30pm–6.30pm	Circuits

TUESDAY

8.30am–9.30am	Aqua
9am–10am	Body Barre
6pm–6.30pm	HIIT
6.30pm–7pm	Total Abs

WEDNESDAY

9am–10am	Circuits
10am–11am	HIIT/Core
5.30pm–6.30pm	Circuits
7pm–7.45pm	Aqua (Term Time)

THURSDAY

9am–10am	Yoga
10am–11am	Aqua
10am–11am	Pilates
6pm–7pm	Body Barre

FRIDAY

9am–10am	Circuits
10am–11am	Circuits
10am–11am	Aqua

SATURDAY

9am–9.30am	Bootcamp
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SUNDAY

9am–10am	HIIT/Core
11.30am–12pm	Calisthenics

PRIVATE

Monday 9am–11am	Baby Squids
Tuesday 2.30pm–4pm	Baby Squids