

Class Timetable

Monday

Fast Abs 10:00am to 10:30am Gym

Tuesday

Legs, Bums and Tums 10:00 to 10:30am Gym

Aqua Aerobics 12:00pm to 12:45pm Pool

Wednesday

Fast Abs 10:00am to 10:30am Gym

Aqua Aerobics 7:00pm to 7:45pm Pool

Thursday

Fast Abs 10:00am to 10:30am Gym

Friday

Legs, Bums and Tums 10:00am to 10:30am Gym

Saturday

Aqua Aerobics 9:00am to 9:45am Pool

All classes require pre-booking. Please book your classes at the Health Club Reception.

If you require further information regarding any of the classes please do not hesitate to contact a member of the Health Club team