

## Class Timetable at Regency Park Health Club and Spa

Day	Class	Time	Area
Monday	Circuits	10am-10:45am	TBC
	Aqua Aerobics	1pm-1:45pm	Pool
	Total Body Workout	6:30pm-7:30pm	TBC
Tuesday	Box Fit and Abs	10am-10:45am	TBC
	Aqua Aerobics	12pm-12:45pm	Pool
Wednesday	Legs, Bums and Tums	10am-10:45am	TBC
Thursday	Stability Ball Class	10am-10:45am	TBC
Friday	Body Burn	10am-10:45am	TBC
Sunday	Aqua Aerobics	2pm-2:45pm	Pool

