

Class Timetable at Regency Park Health Club



Monday

- Circuit Training 10:00am-10:45am
- Aqua Aerobics 13:00pm-13:45pm
- Total Body Workout 18:30pm-19:30pm

Tuesday

- Box Fit and Abs 10:00am-10:45am
- Aqua Aerobics 12:00pm-12:45pm
- Dance Fitness 18:30pm-19:30pm

Wednesday

- Legs Bums and Tums 10:00am-10:45am
- HIIT (Hi Intensity Interval Training) 18:30pm-19:15pm

Thursday

- Dance Fitness 10:00am-10:45am
- Aqua Aerobics 18:15pm-19:00pm

**Regency Park
Hotel**

Class Timetable is valid from 21 June 2018

***Pre-Book your space now at the Health Club
Reception***