

**Monday**

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

**Tuesday**

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

**Wednesday**

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

**Thursday**

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

**Friday**

- Body Blast 10:00am-10:45am
- **NEW Legs, Bums and Tums 18:30pm-19:15pm**

**Sunday**

- Aqua Aerobics 14:00pm-14:45pm

Class Timetable is valid from **03 April 2018**

**Minimum of 5 people** required for any class to take place

Pre-Book your space now at the Health Club Reception

