

CLASS TIMETABLE

Day	Time	Class	Capacity	PAYG Price
Monday	09:00	Aqua Fitness	30	£6.00
Monday	17:30	Circuit Training	12	£6.00
Monday	18:30	Yoga	25	£7.00
Tuesday	12:45	Zumba	25	£6.00
Tuesday	17:00	Aqua Fitness	30	£6.00
Tuesday	17:30	Studio Cycling	10	£6.00
Tuesday	18:30	Boxercise	12	£6.00
Wednesday	06:45	Studio Cycling	10	£6.00
Wednesday	09:00	Aqua Fitness	30	£6.00
Wednesday	17:00	Zumba	25	£6.00
Wednesday	18:00	Pilates	25	£7.00
Thursday	11:45	Aqua Fitness	30	£6.00
Thursday	18:00	Studio Cycling	10	£6.00
Friday	06:40	Circuit Training	10	£6.00
Friday	12:00	Yoga	12	£7.00
Saturday	08:30	Studio Cycling	10	£6.00
Saturday	10:00	Yoga	12	£7.00