



# Class Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Circuits</b> 7.30am-8.30am Matthew	<b>Yoga</b> 7am-8am Tina	<b>Boxercise</b> 7.30am-8.30am Matthew	<b>Aqua</b> 5.30pm-6.15pm Matthew	<b>Circuits</b> 7.30am-8.30am Matthew	<b>Yoga</b> 8.30am-9.30am Tina
<b>Boxercise</b> 12pm-1pm Matthew	<b>Running Club</b> 5.30pm-6.30pm Matthew	<b>HIIT</b> 9.30am-10am Matthew	<b>Yoga</b> 6pm-7pm Tina	<b>Aqua</b> 9am-9.45am Matthew	
<b>Aqua</b> 5.30pm-6.15pm Petra	<b>Circuits</b> 7pm-8pm Matthew	<b>Circuits</b> 12pm-1pm Matthew	<b>Circuits</b> 7pm-8pm Matthew	<b>Running Club</b> 12pm-1pm Matthew	
<b>Pilates</b> 6.30pm-7.30pm Petra					

Please note that some of these classes will be weather dependant as we hope to make the most of our beautiful outdoor spaces, where possible. We encourage our members to dress appropriately and be prepared for outdoor activities.