



Class Timetable

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|---|--|
| Circuits 7.30am-8.30am Matthew | Core and Stretch 1.15pm-2pm Matthew | Boxercise 7.30am-8.30am Matthew | LBT 4pm-5pm Matthew | Circuits 7.30am-8.30am Matthew |
| HIIT 10am-10.30am Matthew | LBT 4pm-5pm Matthew | Aqua 9am-9.45am Matthew | Aqua 5.30pm-6.15pm Matthew | Aqua 9am-9.45am Matthew |
| Boxercise 12pm-1pm Matthew | Boxercise 5.30pm-6.30pm Matthew | HIIT 10am-10.30am Matthew | Boxercise 7pm-8pm Matthew | Boxercise 12pm-1pm Matthew |
| Aqua 5.30pm-6.15pm Petra | Circuits 7pm-8pm Matthew | Circuits 12pm-1pm Matthew | | Core and Stretch 1.15pm-2pm Matthew |

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.