



Class Timetable:

AQUA AEROBICS:
COMPLIMENTARY

MONDAY'S 7PM, TUESDAY'S 7PM &
WEDNESDAY'S 7PM, THURSDAY'S @ 11AM
FRIDAY'S @ 11AM & SUNDAY'S 11AM

CLUB SPINNING:
COMPLIMENTARY

MONDAY'S @ 9.30AM, 8PM
WEDNESDAY'S @ 9.30AM, 8PM
FRIDAY'S @ 9.30AM, 6PM

BODY CONDITIONING:
COMPLIMENTARY

TUESDAY'S @ 10AM & 8PM,
& THURSDAY'S @ 10AM & 8PM

30/30 CLASS:
COMPLIMENTARY

SATURDAY'S @ 10AM

