CLASS TIMETABLE - FROM 12TH SEPTEMBER 2021

	Morning Classes			*Evening Classes*	
Saturday	**9.30 - 10.15** Circuit **Indoor** *Mike*	**9.30 - 10.15** Spin** **Outdoor** *Dee*			
Sunday	**9.30 - 10.00** Spin **Indoor** *Mike*	**10.05 - 10.35** Circuit **Indoor** *Dee*		**16.30- 17.15** Spin** **Indoor** *Paul*	
Monday	**6.45 - 7.30** Spin/Circuit **Indoor** *Paul*	**9.30 - 10.15** Fat Burner Circuit **Outdoor*** *Dee*		**17.30 - 18.00** Step n Tone **Indoor** *Dee*	**18.05 - 18.45** Pump Class **Indoor** *Dee*
Tuesday	**10.00 - 10.45** Leg Attack **Indoor** *Dee*	**10.50 - 11.30** Pilates **Indoor** *Dee*		**18.00 - 18.30** Spin **Indoor** *Mike*	**18.35 - 19.05** Pump Class **Indoor** *Mike*
Wednesday		**10.00 - 10.45** Spin **Outdoor*** *Dee*		**17.30 - 18.00** Pump Class **Indoor** *Dee*	**18.05 - 18.45** Pilates **Indoor** *Dee*
Thursday	**6.45 - 7.30** Spin/Circuit **Indoor** *Julie*	**9.30 - 10.00** Spin **Indoor** *Dee*	**10.05 - 10.45** Pump Class **Indoor** *Dee*	**10.50 - 11.30** Low Impact Aerobics **Indoor** *Dee*	**18.00 - 18.45** Circuit **Indoor** *Mike*
Friday	**9.15 - 10.00** Step Circuit **Indoor** *Dee*	**10.05 - 10.45** Bums & Tums **Indoor** *Dee*	**10.50 - 11.50** Yoga **Indoor** *Wei Wei*	**17.15 - 17.45** Spin** **Indoor** *Mike*	**17.50 - 18.20** Pump** **Indoor** *Dee*

** In the event of poor weather conditions outdoor classes will be moved indoors if possible.*

*** These classes are temporarily on for 4 weeks.*