

# FITNESS CLASSES 2022



## MONDAY

6.30am - 7.10am - Spinning

8.15am - 9.00am - Aqua Aerobic

9.30am - 10.15am - Buns & Tums

6.30pm - 7.00pm - Sprint Spin

7.15pm - 7.45pm - Core & Stretch

## TUESDAY



9.30am - 10.15am - Spinning

6.30pm - 7.30pm - TRX & Kettelbell MAX

(TRX + Kettelbell + Longer inlese stretching)

## WEDNESDAY

6.30am - 7.10am Circuits

8.15am - 9.00am - Aqua

9.30am - 10.15am - TBW

6.30pm - 7.30pm - 20/20/20

(20min spin / 20min TBW / 20min stretch)



## THURSDAY

9.30am - 10.30am - Spin & Hit



## FRIDAY

10.00am - 10.45am - Aqua



## SATURDAY

11.00am - 11.30am - Speed Spinning



- ✓ Instructors may vary
- ✓ Classes may changed
- ✓ No booking system (First come, first served)

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