

Winter 2019

<p><u>MONDAY</u></p> <p>10.30 Fit and Tone 18.00 Spin & Abs 19.00 Aqua Aerobics</p>	<p><u>TUESDAY</u></p> <p>07.00 Cardio Circuit 10.30 Full Body 18.00 Strength and tone</p>	<p><u>WEDNESDAY</u></p> <p>10.30 HIIT 18.00 Running Club 19.00 Aqua Aerobics</p>
<p><u>THURSDAY</u></p> <p>07.00 Circuits 09.15 Yoga 18.00 Full Body HIIT</p>	<p><u>FRIDAY</u></p> <p>10.30 Studio Fit 10.00 – 12.00 Mums & Toddlers. 17.00 - 19.00 Mums & Toddlers</p>	<p><u>WEEKLY</u></p> <p>Swimming lessons** Wed: 16.00 – 19.00 Sat: 09.00 – 12.00 Sun: 16.00 – 19.00</p>