

FITNESS CLASS TIMETABLE

MONDAY

07:00 – 08:00

YOGA

17:15 – 18:00

CYCLE

WEDNESDAY

07:00 – 07:45

**LEGS,
BUMS & TUMS**

17:30 – 18:15

**DANCE
AEROBICS**

THURSDAY

06:45 – 07:30

**CYCLE
& CORE**

19:15 – 20:15

YOGA

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