



Fitness Class Timetable

(effective w/c 6th February 2017)

MONDAY			
Legs, Bums and Tums	Adam	6.00pm – 6.45pm	Activity Studio
Meta Fit	Adam	6:45pm – 7.15pm	Activity Studio
Aqua Fit	Linda	7.00pm – 8.00pm	Swimming Pool
TUESDAY			
Insanity	Jaq	5.30pm – 6.30pm	Activity Studio
Aqua Natal **	Eileen & Jill	6.00pm – 7.00pm	Swimming Pool
WEDNESDAY			
Boxercise ***	Adam	7.30pm – 8.15pm	Activity Studio
THURSDAY			
Bootcamp	Adam	7.15pm – 8.00pm	Activity Studio
Stretch & Tone	Adam	8:00pm – 8:45pm	Activity Studio
FRIDAY			
Step Fit	Adam	5:15pm – 6:00pm	Activity Studio
Metafit	Adam	6:00pm – 6:30pm	Activity Studio
Under 18's Football *	Chris & Liam	6.00pm – 8.00pm	MUGA

Please Note: all timetables are subject to change during school holidays. Please ask at Reception for more information.

* Sessions run term time only.

** Aqua Natal classes are not included in the Total Fitness program.

*** Boxercise will replace Zumba, from 15th February 2017