



Castle View
Community &
Fitness Centre

Fitness Class Timetable

MONDAY	
Legs, Bums and Tums	6.00pm – 6.45pm
Meta Fit	6.40pm – 7.15pm
TUESDAY	
Aqua Natal **	6.00pm – 7.00pm
WEDNESDAY	
Boxercise	7.00pm – 7.45pm
FRIDAY	
Under 18's Football on the MUGA*	6.00pm – 8.00pm
Stepfit	5.15pm - 6.00pm
Metafit	6.00pm – 6.30pm

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.