



FITNESS CLASS TIMETABLE



	9am	10am	11am	12noon	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm
MONDAY		Ladies Fitness <small>Term Time Only</small>			50+ Pilates Improvers	50+ Pilates Beginners	50+ Body Conditioning					Aqua Aerobics	
TUESDAY			50+ Int/Adv Pilates			50+ Beginners Pilates				Step Aerobics <small>6.15 - 7.15</small>	Studio Cycling <small>7.15 - 8.15</small>	Strike <small>8.15 - 9.15</small>	
WEDNESDAY		50+ Exercise to Music			Lunch Time Yoga		50+ Aqua Aerobics <small>2.00 - 2.45 2.45 - 3.30</small>			Fitness Aerobics	Holistic Conditioning	Body Tone	
THURSDAY		Dancercise <small>10.15 - 11.15</small>								Studio Cycling	Fitness Pilates	Circuits <small>7.30 - 8.30</small>	Fitness Aerobics
FRIDAY			Pure Step <small>11.15-12:00</small>	Dance Aerobics <small>12:00-12:45</small>			50+ Stretch and Tone <small>3.00 - 3.45</small>				Yoga		
SATURDAY		Total Body Workout											
SUNDAY		Aerobics	Legs, Bums and Tums	Body Combat	Body Pump								

Key to location:

- = Dance Studio
- = Swimming Pool
- = Gymnasium

Please Note: All 50+ classes are run by Forever Active. Please pick up a Forever Active brochure for more information.