

Class Timetable

Mondays	9.30am Body Tone <u>40mins</u>	10.15am Yoga <u>1hr</u>	10:30am Aqua Aerobics <u>30mins</u>		6.00pm Indoor Cycling <u>45mins</u>		
Tuesdays	9.30am Wake up! Spin <u>30mins</u>		10:30am Aqua Aerobics <u>30mins</u>		6.00pm Circuits <u>45 mins</u>		
Wednesdays	9.30am Body Tone <u>45mins</u>		10.30am Aqua Aerobics <u>30mins</u>		6.00pm Spin & Circuits <u>45 mins</u>	7.30pm Yoga <u>1hr</u>	8.30pm Yoga (<i>Beginners</i>) <u>1hr</u>
Thursdays	9.30am Spin & Circuits <u>45mins</u>		10:30am Aqua Aerobics <u>30mins</u>		6.00pm Indoor cycling <u>45mins</u>		
Fridays	9.30am Body tone/Circuits <u>45mins</u>		10.30am Aqua Aerobics <u>30mins</u>		6.00pm Body Tone/Circuits <u>45 mins</u>		

Please Note:

All classes must be **pre-booked** at reception.

Class schedule may vary from time to time.

Each class needs minimum 3 participants to go ahead.

For safety & hygiene purposes, a towel and water are compulsory.

Please sanitise all equipment before and after use.

Please arrive 5mins before start time.

Instructors reserve the right to deny late-comers to a class.