





FITNESS CLASS TIMETABLE

MON	TUES	WEDS	THURS	FRI	SAT	SUN		
	6:30 – 7AM	6:30 – 7:15AM	6:30 – 7AM	6:30 – 7AM				
	TOTAL TONE	SPIN & ABS	PILATES	TOTAL BODY BLAST				
9:30 – 10AM	9:30 – 10AM	9:30 – 10AM	9:30 – 10AM	9:30 – 10AM	9:00 – 9:45AM			
AQUA AEROBICS	PILATES	LEGS, BUMS & TUMS	AQUA AEROBICS	SPIN EXPRESS	SPIN & LIFT			
		6:30 – 7:15PM	6:30 – 7:15PM					
		BOX-FIT	SPIN & LIFT					
		7:00 – 7:30PM						
		AQUA AEROBICS						

LIMITED AVAILABILITY. PRE-BOOKING REQUIRED.
CALL 021 463 5151 OR BOOK IN AT RECEPTION.