



























CLASS ATTENDANCE-WE NEED YOUR HELP!!

Day	Time	Class	Month Attendance
Monday	06:15-07:00	Pedal X	
Monday	10:30-11:15	Stability Ball	
Monday	18:15-19:00	Stability Ball	
Monday	20:00-21:00	Body Balance	
Tuesday	10:30-11:30	Body Combat	
Tuesday	19:15-20:00	Pedal X	
Tuesday	20.30-21.30	Body Combat	
Tuesday	20:30-21:15	Aqua	
Wednesday	06:45-07:30	Pedal X	
Wednesday	10.30-11.30	Body Balance	
Wednesday	18:00-18.45	Pedal X	
Wednesday	18.15 –19.00	Stability Ball	
Wednesday	19.00 20.00	Body Step	
Thursday	18:45-19:45	Salsacise	
Thursday	19:00-20:00	Pump FX	
Thursday	20:00-20:45	Aqua	
Thursday	18.45—19.45	Body Balance	
Friday	18:00-19:00	Spirals	
Friday	18:30-19:15	Pedal X	
Friday	18.00—19.00	Swimfit	
Friday	19.30—20.30	Body Step	
Saturday	08.30—09.45	Pedal X	
Saturday	10:30-11:15	Stability Ball	
Saturday	11.30—12.30	Pump FX	
Sunday	09:00 -09:45	Pilates	
Sunday	11:00-12:00	Pilates	

KEY

Show your Support



Running Smoothly



Arrive Early or Book in Advance



Classes that continue with low attendance may be removed from the time table.