

<b>Monday</b>	Junior Gym Adult Only Swim Killer Kettlebells Bootcamp Dynamic Yoga Yoga Flow 50+ Circuit <b>Aquafit</b> Junior Gym Virtual Spin* Spin Aero-Tone BodyBlast Extreme Pilates Freestyle Kickboxing Adult Only Swim	06.00-08.00 06.30-10.00 06.45-07.30 09.15-10.15 10.00-11.00 11.00-12.00 12.15-13.00 <b>13.15-14.00</b> 16.00-18.00 14.00-17.30 18.00-18.45 18.45-19.30 18.45-19.15 19.30-20.15 20.00-21.00 20.00-21.30	Gym Swimming Pool Functional Hall Functional Hall Dance Studio Dance Studio Functional Hall <b>Swimming Pool</b> Gym 30 min classes in Spin Studio Spin Studio Dance Studio Functional Hall Dance Studio Functional Hall Functional Hall Swimming Pool
<b>Tuesday</b>	Junior Gym Adult Only Swim HIIT Spin Weight Watchers Jab HIIT Abs Blast Virtual Spin* Junior Gym Circuit Training Yoga Running Club Adult Only Swim	06.00-08.00 06.30-10.00 06.45-07.15 09.15-10.15 09.15-10.00 10.00-10.45 11.00-17.30 16.00-18.00 18.00-19:00 19.00-20.00 19.15-20.15 20.00-21.30	Gym Swimming Pool Spin Studio Dance Studio Functional Hall Dance Studio 30 min classes in Spin Studio Gym Functional Hall Dance Studio Functional Hall/Outside Swimming Pool
<b>Wednesday</b>	Junior Gym Adult Only Swim PowerBlast 20/20/20 Simply Stretch & Core Virtual Spin* <b>Waterbabies</b> Junior Gym Kidsfit Spin Zumba Boxfit Fit Muma Adult Only Swim	06.00-08.00 06.30-10.00 06.45-07.30 09.15-10.15 10.30-11.30 12.00-17.30 <b>12.30-14.00</b> 16.00-18.00 17.00-18.00 18.00-18.45 18.15-19.00 19.00-20.00 19:30-20:30 20.00-21.30	Gym Swimming Pool Function Hall Functional Hall Functional Hall 30 min classes in Spin Studio <b>Swimming Pool</b> Gym Dance Studio Spin Studio Dance Studio Functional Hall Dance Studio Swimming Pool
<b>Thursday</b>	Junior Gym Adult Only Swim Spin Circuit Training Yoga <b>Aquafit</b> Virtual Spin* Junior Gym HIIT Spin BodyBlast Freestyle Kickboxing Adult Only Swim	06.00-08.00 06.30-10.00 06.45-07.30 09.15-10.15 10.00-11.00 <b>10.45-11.30</b> 12.00-17.30 16.00-18.00 18.00-18.30 18.45-19.30 19:30-20:30 20.00-21.30	Gym Swimming Pool Spin Functional Hall Dance Studio <b>Swimming Pool</b> 30 min classes in Spin Studio Gym Spin Studio Functional Hall Functional Hall Swimming Pool
<b>Friday</b>	Junior Gym Adult Only Swim Jab HIIT Bootcamp Fit Muma Legs, Bums & Tums Virtual Spin* <b>Waterbabies</b> Junior Gym Spin Boxfit Adult Only Swim	06.00-08.00 06.30-10.00 06.45-07.30 09.15-10.15 10:00-11:30 10.30-11.30 12.00-17.30 <b>12.30-14.00</b> 16.00-18.00 18.00-18.30 18.45-19.30 20.00-21.30	Gym Swimming Pool Functional Hall Functional Hall Dance Studio Functional Hall 30 min classes in Spin Studio <b>Swimming Pool</b> Gym Spin Studio Functional Hall Swimming Pool
<b>Saturday</b>	Toning Circuit Ballet Toes Bootcamp HIIT Spin Junior Gym Virtual Spin*	08.30-09.15 09:00-12:00 10.15-11.15 11.15-11.45 12.00-17.00 16.00-19.30	Toning Studio Dance Studio Functional Hall Spin Studio Gym 30 min classes in Spin Studio
<b>Sunday</b>	Toning Circuit Running Club Bootcamp Spin Junior Gym Virtual Spin* <b>Changing Rooms &amp; Pool Closed</b>	08.30-09.15 08.30-09.30 09.45-10.45 10.45-11.30 12.00-17.00 12.00-17.30 <b>18.00-Close</b>	Toning Studio Outside Functional Hall Spin Studio Gym 30 min classes in Spin Studio <b>Deep Clean</b>