

Tuesday 6th January

Aqua - 9:15-10:00

Pilates - 13:00-13:45

Circuits - 18:00-18:45

Pilates - 19:00-19:45

Wednesday 7th January

Lower body conditioning - 12:00-12:45

Stretch & mobility - 13:00-13:45

Piloxing - 18:00-18:45

Aqua - 19:00-19:45

Thursday 8th January

Chair strength & conditioning - 13:00-13:45

Core & tone - 18:00-18:45

Aqua - 19:05-19:45

Friday 9th January

Aqua - 12:15-12:45

Saturday 10th January

Circuits 10:00-10:45

Sunday 11th January

Yoga 18:00-19:00

Monday 12th January

Aqua - 09:15-10:00

Stretch & mobility - 13:00-13:45

HIIT - 19:00-19:45

Tuesday 13th January

Aqua - 09:15-10:00

Pilates - 13:00-13:45

Circuits - 18:00-18:45

Pilates - 19:00 - 19:45

Wednesday 14th January

Total body conditioning - 12:00-12:45

Stretch & mobility - 13:00-13:45

Total body conditioning - 18:00-18:45

Aqua - 19:05-19:45

Thursday 15th January

Chair strength & conditioning - 13:00-13:45

Core & tone - 18:00-18:45

Aqua - 19:05-19:45

Friday 16th January

Aqua - 12:15-13:00

