

## **Tuesday 3<sup>rd</sup> February**

**Aqua - 09:15-10:00**  
**Pilates - 13:00-13:45**  
**Circuits - 18:00-18:45**  
**Pilates - 19:00-19:45**

## **Wednesday 4<sup>th</sup> February**

**Lower body conditioning - 12:00-12:45**  
**Stretch & mobility - 13:00-13:45**  
**HIIT - 18:00-18:45**  
**Aqua - 19:05-19:45**

## **Thursday 5<sup>th</sup> February**

**Chair strength & mobility - 13:00-13:45**  
**Core & tone - 18:00-18:45**  
**Aqua - 19:05-19:45**

## **Friday 6<sup>th</sup> February**

**Aqua - 12:15-12:45**

## **Saturday 7<sup>th</sup> February**

**Circuits - 10:00-10:45**

## **Sunday 8<sup>th</sup> February**

**Yoga - 18:00-18:45**

## **Monday 9<sup>th</sup> February**

**Aqua - 09:15-10:00**  
**Stretch & mobility - 13:00-13:45**  
**Aqua - 19:00-19:45**

## **Tuesday 10<sup>th</sup> February**

**Aqua - 09:15-10:00**  
**Pilates - 13:00-13:45**  
**Circuits - 18:00-18:45**  
**Pilates - 19:00-19:45**

## **Wednesday 11<sup>th</sup> February**

**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 12<sup>th</sup> February**

**Seated chair & conditioning - 13:00-13:45**  
**Core & tone - 18:00-18:45**  
**Aqua - 19:05-19:45**

