

Monday 13/4

9:15 – 10:00 Aqua

13:00 - 13:45 Stretch and Mobility

19:00 - 19:45 HIIT

Tuesday 14/4

9:15 – 10:00 Aqua

13.00 – 13.45 Pilates

18:00 – 18:45 Circuits

19:00 – 19:45 Pilates

Wednesday 15/4

12:00 – 12:45 Lower Body Cond.

13:00 – 13:45 Stretch and Mobility

18:00 – 18:45 Total Body Conditioning

19:05 – 19:45 Aqua

Thursday 16/4

13.00 – 13.45 Chair Strength and conditioning

18.00 – 18.45 Core and Tone

19.05 – 19.45 Aqua

Friday 17/4

12.15 – 1300 Aqua

Monday 20/4

9:15 – 10:00 Aqua

13:00 – 13:45 Pilates

19.00 – 18.45 HIIT

Tuesday 21/4

9.15 – 10.00 Aqua

13:00 – 13:45 Stretch and Mobility

18.00 – 18.45 Circuits

19.00 – 19.45 Pilates

Wednesday 22/4

12.00 - 12.45 Total Body Conditioning

13.00 - 13.45 Chair strength and Conditioning

18.00 – 18.45 Total Body Conditioning

19:05 – 19:45 Aqua



Thursday 23/4

18:00 – 18:45 Piloxing

19:05 – 19:45 Aqua

Friday 24/4

12.15 – 13.00 Aqua

Monday 27/4

9:15 – 10:00 Aqua

13.00 - 13.45 Stretch and Mobility

19:00 – 19:45 Piloxing

Tuesday 28/4

9.15 – 10.00 Aqua

13.00 – 13.45 Pilates

18.00 – 18.45 Circuits

19.00 – 19.45 Pilates

Wednesday 29/4

12:00 – 12:45 Lower Body Conditioning

13:00 – 13:45 Stretch and Mobility

18.00 – 18.45 HIIT

19.05 – 19.45 Aqua

Thursday 30/4

13:00 - 13:45 Chair Strength and Conditioning

18:00 – 18:45 Ab Attack

19:05 – 19:45 Aqua

Friday 3/5

12.15 – 13.00 Aqua

Tuesday 5/5

9.15 – 10.00 Aqua

13.00 – 13.45 Pilates

18.00 – 18.45 Circuits

19.00 – 19.45 Pilates

Wednesday 6/5

12.00 – 12.45 Total Body Conditioning

13.00 – 13.45 Stretch and Mobility

18:00 - 18:45 HIIT

19.05 – 19.45 Aqua

Thursday 7/5

13.00 – 13.45 Chair Strength and Conditioning

18.00 – 18.45 Total Body Conditioning

19.05 - 19.45 Aqua

