

Monday 8th June

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

Tuesday 9th June

09:15 - 10:00 Aqua
13:00 - 13:45 Pilates
14:00 - 14:45 Pilates
18:00 - 18:45 Circuits

Wednesday 10th June

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

Thursday 11th June

13:00 - 13:45 Chair
18:00 - 18:45 Core & Tone
19:05 - 19:45 Aqua

Saturday 13th June

10:00 - 10:45 Circuits

Sunday 14th June

18:00 - 18:45 Yoga

Monday 15th June

09:15 - 10:00 Aqua
13:30 - 14:15 Pilates
19:00 - 19:45 HIIT

Tuesday 16th June

09:15-10:00 Aqua
12:30 - 13:15 Pilates
13:30 - 14:15 Pilates
18:00 - 18:45 Circuits
19:05 - 19:45 Pilates

Wednesday 17th June

12:00 - 12:45 Total body conditioning
13:00 - 13:45 Stretch & mobility
18:00 - 18:45 Total body conditioning
19:05 - 19:45 Aqua



Thursday 18th June

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

Sunday 21st June

10:00 - 10:45 Circuits

Monday 22nd June

09:15 - 10:00 Aqua
13:00 - 13:45 Stretch & mobility
19:05 - 19:45 - HIIT

Tuesday 23rd June

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

Wednesday 24th June

12:00 - 12:45 Lower body conditioning
13:00 - 13:45 Stretch & mobility
18:00 - 18:45 Total body conditioning
19:00 - 19:45 Aqua

Thursday 25th June

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

Monday 29th June

09:15 - 10:00 Aqua
12:30 - 13:15 Stretch & mobility
13:30 - 14:15 Stretch & mobility
18:00 - 18:45 Piloxing

Tuesday 30th June

09:15-10:00 Aqua
12:30 - 13:15 Pilates
13:30 - 14:15 Pilates
18:00 - 18:45 Circuits
19:05 - 19:45 Pilates

