



CHOICES

Health Clubs

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 - 7:30	Spin		Spin		Spin		
9:00 - 9:30							
10:00 - 10:45	LBT	Pilates	Circuits	Pump	Spin	LBT	
10:45 - 11:00							
11:00 - 11:30		Aqua		Aqua		Spin	
11:30 - 12:00							
14:00 - 15:00							
15:00 - 16:00							
16:00 - 17:00							
17:30 - 18:00	Ab Attack		HiIT	Piyo	Circuits		
18:00 - 18:45	Pump	Boxfit	Pump	LBT			
18:45 - 19:00							
19:00 - 19:30	Spin	Spin 45	Aqua	Spin 45			
19:30 - 20:00							

ALL CLASSES REQUIRE A MINIMUM OF 3 PEOPLE TO ATTEND FOR IT TO GO AHEAD,
 CLASSES WITH LESS MAY BE SUBJECT TO CANCELLATION AT THE FITNESS INSTRUCTORS DISCRETION.