





































# SUMMER 2017 CLASS TIMETABLE

	07:15 – 08:00	09:30 – 10:15	10:30 – 11:15	11:30 – 12:30	17:30 – 18:15	18:30 – 19:30
MON	 Outdoor Bootcamp	 Spinning	 Zumba	 Pilates	 Functional HIIT	 Fitsteps  Paddlecise
TUE	 Spinning	 Powerhoop	 Body Blast	 Aqua Fit	 Outdoor Bootcamp	 Pilates  Float Fit
WED	 Spinning	 Functional HIIT	 Kettlercise	 Powerhoop	 Body Blast	 Spinning  Paddlecise
THU	 Pilates	 Kettlercise	 Fitsteps	 Aqua Fit	 Kettlercise	 Zumba
FRI	 Outdoor Bootcamp	 Spinning	 Pilates	 Aqua Fit	 Spinning	 Suspension
SAT		 Paddlecise	 Aqua Fit			
SUN		 Spinning				

 Dance    
  Water Based    
  Mind & Body    
  Cardio    
  Body Sculpting

No classes on bank holidays. Reserve your space to avoid disappointment.  
 Safety First – Our outdoor classes are weather dependent.