

Studio Timetable - daytime classes

Monday

- Kettlecise 09:30 - 10:15
Joe
- Mandy's Movers 11:00 - 12:00
Gentle Weighted Exercise Class in Water

Tuesday

- Boogie Bounce 10:00 - 11:00
- Zumba Gold 11:15 - 12:00
Kathy

Wednesday

- BTT 09:30 - 10:15
Gym Staff

Thursday

Friday

- Core 30 09:30 - 10:00
Gym Staff

Saturday

- Yoga 09:15 - 10:15
Hannah

Sunday

- Circuits 10:00 - 10:45
Gym staff