

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
AQUA COMBAT/DISC 9.00 - 10.00	AQUA PYRAMID 9.00 - 10.00	AQUA TABATA 8.00 - 9.00	AQUA PYRAMID 9.00 - 10.00	AQUA EXTREME 8.00 - 9.00		Summer Program All classes are free to members. Non members 7Eu. Classes are not included in swim only membership or day passes
PILATES 8.30 - 9.30		AQUA COMBAT & DISC 9.00 - 10.00		AQUA COMBAT & DISC 9.00 - 10.00	H.I.I.T 10.00 - 11.00	
		FITBALL 8.30 - 9.30		PILATES - ADVANCED 8.45 - 9.45		Class Limitations: Persons can not participate in more than 3 Aqua classes each week ONLINE BOOKING - If you do not have your Username & Password, please see a member of our Reception team. Each person requires an individual email address * Please do not book for anyone else as any duplicate bookings will be deleted by Reception. * Please do not bring lists of classes to Reception to book for you. * Any membership under 1 month does not include classes VERY IMPORTANT INFORMATION IF YOU CAN NOT ATTEND A CLASS, PLEASE GO INTO YOUR LOGIN ON THE SYSTEM, GO TO CLASSES AND CANCEL YOUR BOOKING FROM THERE.
DANCERCISE 9.45 - 10.45	BODY COMBAT 9.30 - 10.30	ABSOLUTE ABS 9.45 - 10.30				
	GYM CIRCUITS 10.00 -11.00	ZUMBA 10.30 - 11.30	ZUMBA 10.00 - 11.00	TRX 10.00 -11.00		
YOGA-INTERMEDIATE 11.00 - 12.00	BODYSHAPE/BODYBEAT 10.30 - 11.30	CIRCUITS BEGINNERS 11.45 - 12.30	Mindfulness & Meditation 10.30 - 11.30			
STRENGTH TRAINING 11.00 - 12.00			LEGS, BUMS & TUMS 11.15 - 12.15	DANCERCISE 11.15 - 12.15		
		YOGA-BEG/INTER 12.30 - 1.30				

SWIMMING LESSON: HALF POOL AVAILABLE TO SWIM ONLY
Monday to Friday : 12 - 1pm & 4 - 6.30pm
Saturday: 9 - 11am

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