





MORNING CLASS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HIIT 06:45-07:30	RHYTHM GROUP CYCLING 06:40-07:25	CIRCUITS 06:45-07:30	WAKE UP YOGA (5 WEEKS) 06:45-07:30	BODY CONDITIONING 06:45-07:30	BADCO FITNESS CLASS 08:00-08:45	RHYTHM GROUP CYCLING 09:00-09:45
AQUA FIT 09:15-10:00	GROUP TRAINING 09:30-10:15	RHYTHM GROUP CYCLING 09:15-10:00	ZUMBA CHAIR 09:15-10:00	PILATES 06:45-07:30	RHYTHM GROUP CYCLING 08:00-08:45	STRENGTH YOGALATES 09:30-10:30
LBT 09:30-10:30	PUMP & TONE 09:30-10:30	PILATES 09:30-10:30	KETTLEBELLS & CORE 09:30-10:15	GROUP CYCLING 09:15-10:00	LBT 09:00-10:00	FITNESS YOGALATES 10:30-11:30
ZUMBA 09:30-10:30	LEGS,BUMS & MUMS 09:30-10:30	LADIES GROUP TRAINING 09:30-10:15	GROUP TRAINING 09:30-10:15	PUMP & TONE 09:30-10:30		
GENTLE AQUA FIT 10:10-10:55	SENIOR BODY CONDITIONING 10:45-11:45	IMPROVERS TAI CHI QIGONG 09:15-10:15	PILATES 09:30-10:30	PURE STRETCH 09:30-10:30		
GROUP TRAINING 10:45-11:30	LADIES STRENGTH TRAINING **10:45-11:30	BEGINNERS TAI CHI QIGONG 11:00-12:00	PILATES & STRETCH 10:30-11:30	PURE STRETCH 10:45-11:45		
CHAIR FIT CLASS 10:45-11:15	VINYASA YOGA 11:15-12:15	PILATES BEGINNERS 10:30-11:30	SENIOR BODY CONDITIONING 10:30-11:30	LADIES STRENGTH TRAINING ** 10:30-11:30		
GENTLE CORE & BALANCE 10:45-11:30		PILATES LEVEL 1 & 2 11:30-12:30	BEGINNER GROUP TRAINING 12:00-12:45	BEGINNER GROUP TRAINING 10:45-11:30		
SENIOR BODY CONDITIONING 11:30-12:30		GENTLE AQUA FIT 11:25-12:10	SPORT IN MIND CIRCUITS 14:00-15:00	CHAIR FIT 11:45-12:15		
BEGINNER GROUP TRAINING 11:45-12:30		AQUA FIT 12:15-13:00		AQUA FIT 12:15-13:00		

-  **Cardio**
-  **Strength**
-  **Low Impact**
-  **High Intensity**


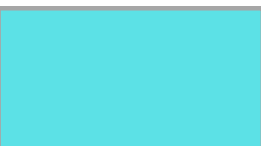

CLASS DESCRIPTIONS.
SCAN ME!



****LADIES STRENGTH TRAINING IS DOWN AT RIVERSMEET PERFORMANCE
WAKE UP YOGA IS A 5 WEEK COURSE THAT STARTS ON 7TH NOVEMBER**

EVENING CLASS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HIIT GROUP CYCLING 18:00-18:45	PILATES 17:00-18:00	RIVERKIDZ CIRCUITS 16:00-16:45	RHYTHM GROUP CYCLING 18:00-18:45	THEME GROUP CYCLING 18:30-19:15
LBT 18:00-19:00	RHYTHM GROUP CYCLING 18:00-18:45	HIIT GROUP CYCLING 17:15-17:45	LBT 18:00-19:00	ZUMBA STRONG 18:00-19:00
PILATES 18:00-19:00	BODY CONDITIONING 18:00-19:00	ZUMBA 18:00-19:00	GROUP TRAINING 18:30-19:30	GROUP TRAINING 18:00-18:45
PILATES 19:00-20:00	PILATES 18:00-19:00	HIIT 18:00-19:00	CORE STRENGTH 18:30-19:15	CLUBBERCISE 19:00-20:00
CIRCUITS 19:00-19:45	CIRCUITS 19:15- 20:00	RHYTHM GROUP CYCLING 19:00-19:45	RHYTHM GROUP CYCLING 19:00-20:00	
RHYTHM GROUP CYCLING 19:00-19:45		CLUBBERCISE 19:10-20:10	PILATES 19:15-20:15	
RYHYTHM GROUP CYCLING 20:00-20:45		VINYASA YOGA 20:15-21:00		
AQUA FIT 19:15-20:00				
GENTLE STRETCH 20:00-21:00				

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