

Fitness Classes

Monday 7th January to Friday 15th February

Monday

7:30am - 8:15am **iCycle**

9:30am - 10:30am **Legs, Bums & Tums**

6:00pm - 6:45pm **iCycle**

7:00pm - 8:00pm **Shape Up**

Wednesday

9:00am - 9:30am **HIIT**

6:00pm - 6:45pm **Aerobics**

7:00pm - 8:00pm **iCycle & Tone**

Tuesday

6:00pm - 6:45pm **HIIT**

7:00pm - 8:00pm **iCycle & Tone**

Thursday

9:30am - 10:30am **Shape Up**

6:15pm - 7:00pm **Boxercise**

7:15pm - 8:00pm **iCycle**

Friday

9:30am - 10:30am **Strength & Tone**

6:00pm - 7:00pm **Adult Swim Fit**
