

Exercise Class Timetable

| Monday | Tuesday | Thursday | Friday |
|---|--------------------------------------|--|---------------------------------------|
| Pilates Studio 18:00-19:00 | Yoga Studio 11:00-12:00 | Young at Heart Studio 09:45-10:30 | AquaFit Pool 09:30-10:15 |
| | | Pilates Studio 10:30-11:15 | |

| KEY | |
|-----|----------------|
| | Holistic |
| | Cardiovascular |