

WELLNESSS CLASS TIMETABLE - Winter 2017/Spring 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Aqua 09:45-10:30	Yoga 09.45-10.30	Aqua 09:45-10:30	Zumba Gold 09:15-10:15	Circuits 07.00-7.45	Indoor Cycling 07:45-08:30	Swim Expert Lessons (one lane only) 07:30-17:30
Aqua 10:30-11:15		Aqua 10:30-11:15	Aqua 10:30-11:15		Turtle Tots 09.00-11:00	
	Indoor Cycling 12.15-12.45	Ab Attack 12.15-12.45	Pilates 13.00-13.45			
Indoor Cycling 17:45-18:30	Swim Expert Lessons (one lane only) 14:00-21:30		Swim Expert Lessons (one lane only) 14:00-21:30	Swim Expert Lessons (one lane only) 14:00-21:30		
		Indoor Cycling 17:45-18:30	Indoor Cycling 17:45-18:30			
Zumba Gold 19:00-20:00		Zumba Fitness 19:00-20:00				

Swim Expert are here 4 times per week and rope off a single lane to ensure there are no swimming restrictions for other members. They can be contacted on 0330 111 2929 or email - info@swimexpert.co.uk with any enquiries.