

WELLNESS CLASS TIMETABLE 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Aqua 09:45-10:30		Aqua 09:45-10:30	Zumba Gold 09:15-10:15		Indoor Cycling 07:45-08:30	Swim Expert Lessons (one lane only) 07:30-17:30
Aqua 10:30-11:15	Stretch & Tone 10:00 - 10:45 NEW	Aqua 10:30-11:15	Aqua 10:30-11:15	Aerobictone 10:00 - 10:45 NEW	Turtle Tots 09:00-11:00	
			Pilates 13:00 - 13:45		Indoor Cycling 10.30 - 11.15 NEW	
	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 18:00-18:45 NEW		Indoor Cycling 17:45-18:30			
Zumba Gold 19:00-20:00	Pilates 19:00 - 19:45 NEW	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.