

# WELLNESSS CLASS TIMETABLE - More Classes coming soon

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Aqua</b> 09:45-10:30		<b>Aqua</b> 09:45-10:30	<b>Zumba Gold</b> 09:15-10:15		<b>Indoor Cycling</b> 07:45-08:30	<b>Swim Expert Lessons</b> (one lane only) 07:30-17:30
<b>Aqua</b> 10:30-11:15		<b>Aqua</b> 10:30-11:15	<b>Aqua</b> 10:30-11:15		<b>Turtle Tots</b> 09:00-11:00	
			<b>Pilates</b> 13:00 - 13:45		<b>Indoor Cycling</b> 10.30 - 11.15	
	<b>Swim Expert Lessons</b> (one lane only) 14:00-21:30		<b>Swim Expert Lessons</b> (one lane only) 14:00-21:30	<b>Swim Expert Lessons</b> (one lane only) 14:00-21:30		
	<b>Indoor Cycling</b> 18:00-18:45		<b>Indoor Cycling</b> 17:45-18:30			
<b>Zumba Gold</b> 19:00-20:00		<b>Zumba Fitness</b> 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](mailto:info@swimexpert.co.uk) with any enquiries.