



CLASS SCHEDULE 2018

MONDAY

9.30am - 10.15am Kettlebells
 7.00pm - 7.45pm Circuits
 8.00pm - 8.45pm.....Aqua Fit

TUESDAY

11.15am - 12.00pmAqua Aerobics
 7.00pm - 7.45pmBarre Fitness
 8.00pm - 9.00pm..... Mens Sports Pilates
 8.00pm - 9.00pm..... Adult Swim Lessons

WEDNESDAY

7.00pm - 7.45pm Fitness Pilates

THURSDAY

11.15am - 12.00pmAqua Aerobics
 7.45pm - 8.30pmAqua Fit

FRIDAY

9.30am - 10.15am Aerobics Cardio
 (7 Week block course to be paid up front)

THE LAKESIDE HOTEL,
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 MON-FRI 7AM - 9.45PM
 SAT/SUN/BANK HOL 8AM - 8.45PM

