

FITNESS CLASS SCHEDULE



MONDAY

Pilates	17.45
Pilates	18.45
Aqua Aerobic	20.00

TUESDAY

Quick Fit	10.00
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WEDNESDAY

Aqua Aerobic	10.00
Yoga	18.30

FRIDAY

Full Body	09.15
Aqua Aerobics	10.15
Back pain Relief/strengthening	11.15