

# Workout Classes Programme

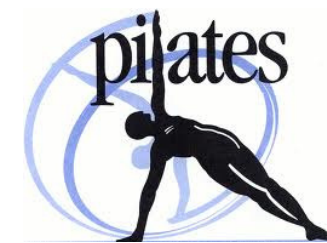
## Commencing September 2011



**ZUMBA**  
FITNESS



<b>Monday</b>	6:00pm - 6:45pm	Spinning
	6:15pm - 7:00pm	Zumba Toning (NEW!)
	7:00pm - 8:00pm	Zumba Fitness
	7:00pm - 8:00pm	Pilates
<b>Tuesday</b>	9:30am - 10:15am	Spinning
	10:00am - 11:00am	Aqua Aerobics
	11:30am - 12:30pm	Pilates
	7:00pm - 7:50pm	Circuits
<b>Wednesday</b>	7:30pm - 8:15pm	Spinning
<b>Thursday</b>	9:15am - 10:00am	Hula Fitness (NEW!)
	10:15am - 11:00am	Spinning
	10:15am - 11:00am	Aqua Aerobics (NEW!)
	7:00pm - 8:00pm	Pilates
<b>Friday</b>	9:15am - 10:15am	20:20:20 (NEW!)
	10:20am - 11:20am	Chair Based Exercise (NEW!)
	6:30pm - 7:30pm	Circuits
	7:00pm - 7:45pm	Hula Fitness (NEW!)



**20:20:20**



**Chair Based  
Exercise**

To book a space on any of our classes then please contact reception.