

# Fitness Classes

## The Venue

Accurate as of 20/04/2024

### Times for Monday 24 December



| Time          | Session                  | Facility              |
|---------------|--------------------------|-----------------------|
| 09:15 - 10:00 | Total Body Workout       | Studio 1              |
| 10:10 - 11:00 | Stages Cycle             | Indoor Cycling Studio |
| 10:15 - 11:15 | Body Conditioning        | Studio 1              |
| 12:00 - 12:45 | Aqua Aerobics            | Teaching Pool (12.5m) |
| 12:45 - 13:45 | Pilates                  | Studio 1              |
| 18:15 - 19:00 | Stages Cycle             | Indoor Cycling Studio |
| 18:45 - 19:45 | Pilates                  | Studio 1              |
| 19:30 - 20:30 | Deep Water Aqua Aerobics | Teaching Pool (12.5m) |