

COUNTRY CLUB TIMETABLE

Commencing Monday 18th April



<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
	Spin 9.30-10.00am		Spin 9.30-10.00am		
Spin 9.30-10.00am	Circuits 10.15-10.45	Kettlebells 9.30-10.00am	Circuits 10.15-10.45am	Spin 9.30-10.00am	Spin 10.30-11.00am
Yoga 9.30-10.30am	Water Aerobics 11.00-11.30am	Pilates 10.15-11.15am	Water Aerobics 11.00-11.30am	Circuits 10.15-10.45am	Abs Attack 11.00-11.15am
Body Sculpt 1.15-2.00pm					<u>Sunday</u>
Circuits 6.45-7.15pm	Kettlebells 6.30-7.00pm	Spin 6.30-7.00pm	Yoga 6.30-8.00pm	Circuits 6.30-7.15pm	Circuits 10.30-11.00am
Spin 7.30-8.00pm	Yogalates 7.15-8.15pm	Body Sculpt 7.15-7.45pm	Spin 7.30-8.00pm		

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	Spin 9.30-10.00am		Spin 9.30-10.00am		
Spin 9.30-10.00am	Circuits 10.15-10.45	Kettlebells 9.30-10.00am	Circuits 10.15-10.45am	Spin 9.30-10.00am	Spin 10.30-11.00am
Yoga 9.30-10.30am	Water Aerobics 11.00-11.30am	Pilates 10.15-11.15am	Water Aerobics 11.00-11.30am	Circuits 10.15-10.45am	Abs Attack 11.00-11.15am
Body Sculpt 1.15-2.00pm					<u>Sunday</u>
Circuits 6.45-7.15pm	Kettlebells 6.30-7.00pm	Spin 6.30-7.00pm	Yoga 6.30-8.00pm	Circuits 6.30-7.15pm	Circuits 10.30-11.00am
Spin 7.30-8.00pm	Yogalates 7.15-8.15pm	Body Sculpt 7.15-7.45pm	Spin 7.30-8.00pm		

