

# COUNTRY CLUB TIMETABLE

COMMENCING APRIL 2022

Monday

Tuesday

Wednesday

Thursday

FRIDAY

Saturday

Sunday

YOGA  
9.30-11.00am

INDOOR CYCLING  
9.30-10.00am

KETTLEBELLS  
9.30-10.00am

INDOOR CYCLING  
9.30-10.00am

INDOOR CYCLING  
9.30-10.00am

INDOOR CYCLING  
10.30-11.00am

CIRCUITS  
10.30-11.00am

CIRCUITS  
10.15-10.45am

PILATES  
10.15-11.15am

CIRCUITS  
10.15-10.45am

CIRCUITS  
10.15-10.45am

ABS ATTACK  
11.00-11.15am

water aerobics  
11.00-11.30am

water aerobics  
11.00-11.30am

BODY SCULPT  
1.15-2.00PM

KETTLEBELLS  
6.30-7.00PM

INDOOR CYCLING  
6.30-7.00PM

YOGA  
6.30-7.30PM

CIRCUITS  
6.30-7.15PM

CIRCUITS  
6.45-7.15PM

INDOOR CYCLING  
7.30-8.00PM

YOGALATES  
7.15-8.15PM

BODY SCULPT  
7.15-7.45PM

INDOOR CYCLING  
7.30-8.00PM