

# COUNTRY CLUB TIMETABLE

COMMENCING JANUARY 2022

## Monday

INDOOR CYCLING  
9.30-10.00am

YOGA  
9.30-11.00am

BODY SCULPT  
1.15-2.00PM

CIRCUITS  
6.45-7.15PM

INDOOR CYCLING  
7.30-8.00PM

## Tuesday

INDOOR CYCLING  
9.30-10.00am

CIRCUITS  
10.15-10.45am

Water aerobics  
11.00-11.30am

INDOOR CYCLING  
6.00-6.45PM

KETTLEBELLS  
6.45-7.15PM

YOGALATES  
7.30-8.30PM

## Wednesday

INDOOR CYCLING  
6.15-6.45am

KETTLEBELLS  
10.00-10.30am

PILATES  
10.45-11.45am

INDOOR CYCLING  
6.00-6.30PM

BODY SCULPT  
6.45-7.15PM

## Thursday

INDOOR CYCLING  
9.30-10.15am

Water Aerobics  
10.30-11.00am

YOGA  
6.30-8.00PM

INDOOR CYCLING  
7.30-8.00PM

## Friday

INDOOR CYCLING  
9.30-10.00am

CIRCUITS  
10.15-10.45am

CIRCUITS  
6.30-7.15PM

## Saturday

INDOOR CYCLING  
10.30-11.00am

## Sunday

INDOOR CYCLING  
10.30-11.00am