COUNTRY CLUB TIMETABLE

MON	TUE	WED	THUR	FRI	SAT
Circuits 9.30-10.00am	**Spin** 9.30-10.00am	**Kettlebells** 9.30-10.00am	**Spin** 9.30-10.00am	**Spin** 9.30-10.00am	**Spin** 10.30-11.00am
Yoga 9.30-10.30am	**Circuits** 10.15-10.45am	**Pilates** 10.15-11.15am	**Circuits** 10.15-10.45am	**Circuits** 10.15-10.45am	
	Water Aerobics 11.00-11.30am	**Water Aerobics** 11.00-11.30am	**Water Aerobics** 11.00-11.30am		***SUN***
Spin 6.00-6.30pm	**Spin** 6.00-6.30pm	**Spin** 6.00-6.30pm	**Yoga** 6.30-7.30pm	**Hyrox** 6.30-7.15pm	**Circuits** 10.30-11.00am
Circuits 6.45-7.15pm	**Kettlebells** 6.30-7.00pm	**Circuits** 6.45-7.30pm			
Spin 7.30-8.00pm	**Yogalates** 7.15-8.00pm		**Spin** 7.30-8.00pm		