

COUNTRY CLUB TIMETABLE

From 2nd January 2023

<u>MON</u>	<u>TUE</u>	<u>WED</u>	<u>THUR</u>	<u>FRI</u>	<u>SAT</u>
Spin 9.30-10.00am	Spin 9.30-10.00am	Kettlebells 9.30-10.00am	Spin 9.30-10.00am	Spin 9.30-10.00am	
Yoga 9.30-10.30am	Circuits 10.15-10.45	Pilates 10.15-11.15am	Circuits 10.15-10.45am	Circuits 10.15-10.45am	Spin 10.30-11.00am
	Water Aerobics 11.00-11.30am	Water Aerobics 11.00-11.30am	Water Aerobics 11.00-11.30am		Ins. Choice 11.00-11.15am
Circuits 1.00-1.30pm	Kettlebells 6.30-7.00pm		Ins. Choice 7.00-7.20pm		<u>SUN</u>
Circuits 6.45-7.15pm	Spin 7.00-7.30pm	Spin 6.30-7.00pm	Yoga 6.30-7.30pm	Circuits 6.30-7.15pm	Circuits 10.30-11.15am
Spin 7.30-8.00pm	Yogalates 7.15-8.15pm	Circuits 7.15-7.45pm	Spin 7.30-8.00pm		