

AQUAMOTION TEMPORARY GROUP FITNESS TIMETABLE

MONDAY 3RD APRIL – SUNDAY 9TH APRIL 2017

STEP OUTSIDE YOUR COMFORT ZONE AND TRY SOMETHING NEW!

The Total BodyBoost and Thump classes will be held outdoors on the grassed area next to the pool. Total BodyBoost is a freestyle class incorporating cardio and strength training. Thump is a boxing class using focus pads and gloves for a great full body workout.

RPM and SPIN classes will take place in the Spin Room

TIME	MON 3 rd APRIL	TUES 4 TH APRIL	WED 5 TH APRIL	THURS 6 TH APRIL	FRI 7 TH APRIL	SAT 8 TH APRIL
6.00am	SPIN 45 mins Cherie	TOTAL BODYBOOST Lisa	TOTAL BODYBOOST Cherie	SPIN 45 mins Cherie	THUMP Jennie	
8.15am						SPIN HIIT 30 mins Cherie
9.00am	RPM 45 mins Kellie	TOTAL BODYBOOST Cherie	RPM 45 mins Kellie	TOTAL BODYBOOST Cherie	RPM 45 mins Kellie	TOTAL BODYBOOST Cherie
6.00pm	THUMP Jennie	RPM 45 mins Kellie	RPM 45 mins Hollie	TOTAL BODYBOOST Simon		

AQUA CLASSES

There is no change to the Aquafit timetable for this week

TIME	MON 3 RD APRIL	TUES 4 TH APRIL	WED 5 TH APRIL	THURS 6 TH APRIL	FRI 7 TH APRIL	SAT 8 TH APRIL
7.40am						AQUA HIIT Karen
8.00am		AQUAFIT Karen			AQUAFIT Karen	
9.30am	AQUA HIIT Karen		AQUAFIT Melody	AQUA HIIT Lin		
1.00pm	NIFTY 50'S Karen		NIFTY 50'S Karen		NIFTY 50'S Lin	

We apologise for any inconvenience caused by these changes during our upgrade. Group fitness memberships will automatically be extended by 1 week to compensate for any lost use of facilities. We thank you for your patience and understanding during this time.