



FITNESS CLASSES TIMETABLE

EFFECTIVE FROM MONDAY 6th JANUARY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
AQUA 11:30 - 12:30 £6.55	SPINNING 09:00 - 09:45 £6.55	ADULT FITBA 19:30 - 21:0 £6.55	GYMFIT 09:00 - 10:00 £6.55		MEN ONLY SWIM 10:30 - 11:30 £3.80
MONDAY MIX 18:30 - 19:30 £6.55	SPIN N TONE 17:00 - 17:45 £6.55		OTAGO 10:30 - 11:30 £3.30		
	POWER AQUA 19:00 - 19:45 £6.55		STRENGTH & BALANCE 11:30 - 12:30 £3.30		
			LADIES ONLY SWIMMING 17:30 - 19:00 £3.80		
			AQUA 19:00 - 19:50 £6.55		

Funded by

