











CLASS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
		YOGA 10AM - 11AM 	
AQUA AEROBICS 1PM - 2PM 	PILATES 11AM - 12PM 	YOGA 11.15AM - 12.15PM 	
YOGA 2PM - 3PM 			
	CONDITIONING 5PM - 6PM  	STRENGTH & TONE 6PM - 7PM  	AQUA AEROBICS 6PM - 7PM 

 MODERATE   INTERMEDIATE