



Weekly Classes

Time	Mon	Tues	Wed	Thurs
6 –7 pm	Circuit Training	Hi – Low	Boxercise	Core Gym Ball
7– 8 pm	Bums & Thighs	Step	Aerobics	Zumba Power
8 –9 pm	Zumba Power	Kick Aerobics	20/20/20	Circuit Training

TERMS AND CONDITIONS:

ALL CLASSES ARE FREE TO GYM MEMBERS

A MINIMUM OF 5 PERSONS ARE REQUIRED FOR CLASS TO BE HELD.

TIMETABLE IS SUBJECT TO CHANGE, DEPENDING ON DEMAND.

ALL CLASSES ARE AVAILABLE ON A 'FIRST COME FIRST SERVED BASIS'

RESPECT YOUR FELLOW MEMBERS – TAKE PART IN ONLY ONE CLASS DAILY WHEN CLASSES ARE BUSY.