

TEMPORARY CLASS TIMETABLE

MON

TUE

WED

THU

FRI

SUN

06:00
SWIM
SQUAD

06:00
SWIM
SQUAD

06:00
SWIM
SQUAD

07:00
POWER
PILATES

07:00
SPIN

07:00
POWER
YOGA

07:00
CIRCUIT

07:00
PILATES

09:30
POWER
YOGA

12:30
SPIN

12:30
CIRCUIT

12:30
SPIN

12:30
RUN CLUB

12:30
CIRCUIT

12:30
SWIM SQUAD
AND STROKE
CORRECTION