

CLASS TIMETABLE

| MON | TUE | WED | THU | FRI | SUN |
|--|-----------------------|---|------------------|--|---------------|
| 05:30 SWIM SQUAD <small>2 HOURS</small> | | 05:30 SWIM SQUAD <small>2 HOURS</small> | | 05:30 SWIM SQUAD <small>2 HOURS</small> | |
| | | 06:00 BOOT CAMP | 06:00 SPIN | | |
| 07:00 PILATES | 07:00 BW BLITZ | 07:00 YOGA | 07:00 CIRCUIT | 07:00 PILATES | |
| | | | | | 08:30 YOGA |
| 12:30 SPIN | 12:30 BOOT CAMP | 12:30 RUN CLUB | 12:30 BOXING | 12:30 SPIN | |
| | | 12:30 STROKE CORRECTION <small>90 MINUTES</small> | | | |
| | | 12:45 FUNCTIONAL PILATES <small>45 MINUTES</small> | | | |
| 18:00 YOGA | | | | | |

Limited space available, please book your class by emailing addesk@tattersallsclub.org to avoid disappointment.



- Denotes classes will be streamed on Zoom.