

CLASS TIMETABLE

MON	TUE	WED	THU	FRI	SUN
06:00 SWIM SQUAD	06:00 ATHLETIC PILATES	06:00 BOOT CAMP	06:00 SPIN	06:00 SWIM SQUAD	
07:00 PILATES 	07:00 HIIT	07:00 YOGA 	07:00 WEIGHTS CIRCUIT	07:00 PILATES 	
	09:00 OSTEO STRONG		09:00 OSTEO STRONG		08:30 YOGA 
		12:00 STROKE CORRECTION		12:00 AQUA AEROBICS	
12:30 SPIN 45 MINUTES	12:30 FOCUS 45 MINUTES	12:30 BOXING 45 MINUTES	12:30 FOCUS 2.0 45 MINUTES		
		12:30 RUN CLUB		12:45 STRETCH & UNWIND 30 MINUTES	
18:00 YOGA 					

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



- Denotes classes will be streamed on Zoom.