

# CLASS TIMETABLE - APRIL 2024

## MONDAY

Time	Class	Room	Instructor
18:00 - 18:45	Studio Cycling	Community	Kaz
18:00 - 19:00	Cardio Combat	Drama	Jacci

## TUESDAY

Time	Class	Room	Instructor
19:30 - 20:30	Pilates	Dance	Dave

## WEDNESDAY

Time	Class	Room	Instructor
18:00 - 18:45	Studio Cycling	Community	Kaz
18:30 - 19:30	Yoga	Dance	Laura

## THURSDAY

Time	Class	Room	Instructor
18:00 - 18:25	Ab Blast	Drama	Duncan
18:30 - 19:15	Body Condition	Drama	Duncan
19:20 - 20:05	Weight Circuits	Drama	Duncan
19:30 - 20:30	Pilates	Dance	Dave

## SATURDAY

Time	Class	Room	Instructor
10:10 - 10:55	Circuits	Drama	Vikki
11:00 - 11:40	Studio Cycling	Community	Vikki

If you book a fitness class and are unable to attend, please make sure you cancel the booking so that the space can be made available to somebody else. Failure to cancel a class booking may result in a 7 day booking ban.