

CLASS TIMETABLE - AUGUST 2024

MONDAY

Time	Class	Room	Instructor
18:00 - 18:45	Studio Cycling	Community	Kaz

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