

Class Timetable 2022

Monday

10:00-10:45 – Aqua aerobics (20 people)

18:00-18:45 – Spinning (10 people)

19:30-20:30 – Pilates (14 people)

Tuesday

9:30-10:30 – Ballet workout (14 people)

10:30-11:15 – Body Conditioning (14 people)

18:00-18:45 – Zumba (15 people)

19:30-20:30 - Yoga (14 people)

Wednesday

09:30-10:15 – Step (12 people)

10:30-11:30 – Pilates (15 people)

18:00- 18:45 – Circuits (14 people)

19:00-19:45 –Clubbercise (14 people)

Thursday

09:30- 10:45 – Yoga (14 people)

