

Weekly Aerobic Timetable



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9.30-10.30 Beginners Step*	9.30 – 10.30 Power Yoga*	9.30 – 10.30 50 + Workout	9.45 – 10.45 Body Combat	9.30 – 10.30 Body Pump	8.30 – 9.30 Spin* ^
9.30 – 10.30 50 + Workout	9.45 – 10.45 Water Workout**	9.30 – 10.30 LBT*	10.45 – 11.45 Body Balance	10.30 – 11.30 Spin* ^	9.30 – 10.30 Body Pump
10.45 – 11.45 Body Pump	10.00 – 11.00 Circuits	10.30 – 11.30 Body Attack	11.00 – 12.00 Aquafit**	14.00 – 15.00 Water Workout**	
14.15 – 16.15 Tea Dance	17.45 – 18.45 LBT	11.30 – 12.30 Body Pump	14.15 – 16.15 Tea Dance	18.00 – 19.00 Total Tone*	
18.00 - 19.00 Body Pump	18.45 – 19.45 Body Combat	12.45 – 13.45 Spin* ^	17.30 – 18.30 Spin^		
19.00 – 20.00 Body Attack	19.45 – 20.45 Body Balance	14.00 – 15.00 Water Workout**	17.45 – 18.45 Pole Dancing* ^		
19.00 – 20.00 Ladies Water Workout**		18.00 – 19.00 Body Combat	18.30 – 19.30 Circuits		
		19.00 – 20.00 Dance Workout	19.30 – 20.30 Body Pump		
		19.00 – 20.00 Spin* ^			
		20.00 – 21.00 Aquafit**			

PLEASE NOTE YOU MUST SIGN IN/SWIPE AT RECEPTION. PRE BOOKING IS ADVISED, CLASSES AVAILABLE TO MEMBERS AND NON MEMBERS.

* CLASS LOCATED IN STUDIO ** CLASS LOCATED IN POOL ^ ADDITIONAL CHARGE FOR KINETIKA MEMBERS.

PLEASE BE AWARE THAT THE TIMETABLE IS SUBJECT TO CHANGE AT THE MANAGER'S DISCRETION.