

# Leisure Centre Class Timetable



Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
<b>MORNING CLASSES</b>						
10.00-10.30	<b>WOD</b> Workout of the Day	<b>WOD</b> Workout of the Day	<b>Barbell Attack</b> (45mins)	<b>Kettlebell Fit</b>	<b>Self Myofascial Release &amp; Trigger Therapy</b>	
11.00-11.45	<b>AquaFit</b>	<b>Ab Blast</b>		<b>Aqua</b>		
<b>EVENING CLASSES</b>						
7.15-8.00pm	<b>Spin &amp; Burn</b>	<b>Fitness Fusion</b>	<b>H.I.I.T It Hard</b> (High Intensity Interval Training)	<b>Step &amp; Tone</b>		
8.15-9.00pm	<b>WOD</b> Workout of the Day		<b>Adult Swimming Lessons</b>	<b>Spin &amp; Burn</b>	<b>Master Swim</b>	

