

## Group Fitness Timetable Mon 17<sup>th</sup> Dec – Sun Jan 13<sup>th</sup>



Monday 17 <sup>th</sup> Dec		Tuesday 18 <sup>th</sup> Dec		Wednesday 19 <sup>th</sup> Dec		Thursday 20 <sup>th</sup> Dec		Friday 21 <sup>st</sup> Dec	
8:30 to 9:15am	<b>PrYme Aqua</b>	9:30 to 10:30am	<b>Pilates</b>	8:30 to 9:15am	<b>PrYme Aqua</b>	8:30 to 9:15am	<b>Aqua Drum Vibes</b>	8:30 to 9:15am	<b>PrYme Aqua</b>
9:30 to 10:15am	<b>Aqua Drum Vibes</b>	9:30 to 10:15am	<b>Aqua Basic</b>	9:30 to 10:15am	<b>Aqua Basic</b>			9:30 to 10:15am	<b>Aqua Fit</b>
		11:00am to 12:00 pm	<b>PrYme Easy</b>			12:00 to 12:45pm	<b>PrYme Mind &amp; Body</b>	10:30 to 11:30am	<b>Pilates</b>
5:30 to 6:30pm	<b>Pilates</b>	5:45 to 6:15pm	<b>MetaFit</b>	5:30 to 6:30pm	<b>LES MILLS BODYPUMP</b>	5:45 to 6:30pm	<b>Spin</b>		
		5:45 to 6:30pm	<b>Aqua Bootcamp</b>	5:45 to 6:30pm	<b>Aqua Drum Vibes</b>	6:35 to 7:35pm	<b>Yoga</b>		



Monday 7 <sup>th</sup> Jan		Tuesday 8 <sup>th</sup> Jan		Wednesday 9 <sup>th</sup> Jan		Thursday 10 <sup>th</sup> Jan		Friday 11 <sup>th</sup> Jan	
8:30 to 9:15am	<b>PrYme Aqua</b>			8:30 to 9:15am	<b>PrYme Aqua</b>	8:30 to 9:15am	<b>Aqua Drum Vibes</b>	8:30 to 9:15am	<b>PrYme Aqua</b>
9:30 to 10:15am	<b>Aqua Drum Vibes</b>	9:30 to 10:15am	<b>Aqua Basic</b>	9:30 to 10:15am	<b>Aqua Basic</b>			9:30 to 10:15am	<b>Aqua Fit</b>
						12:00 to 12:45pm	<b>PrYme Mind &amp; Body</b>	10:30 to 11:30am	<b>Pilates</b>
		5:45 to 6:15pm	<b>MetaFit</b>	5:30 to 6:30pm	<b>LES MILLS BODYPUMP</b>	5:45 to 6:30pm	<b>Spin</b>		
		5:45 to 6:30pm	<b>Aqua Bootcamp</b>	5:45 to 6:30pm	<b>Aqua Drum Vibes</b>	6:35 to 7:35pm	<b>Yoga</b>		

