

Twin Trees Leisure Club

Class Timetable.



<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Pole Class 10.30- 11.45am	Pole Class 7-8pm	Children's swim lessons 3.30-6.00pm	Pole Class 10.30-11.45am	Aqua Aerobics 10.30am- 11.30am
Pole Class 7-8.15pm	Aqua Aerobics 7-8pm	Shape and Tone 7-8pm	Pole Class 11.45-1.15pm	Kids Circuit Class 6-6.45pm
Shape and Tone 7-8pm	Pole Class 8:15-9.30pm	Ball tone 8-8.45pm	Children's Swim lessons 3.30- 6.30pm	Kids Dance Class 7pm-8pm
Kettlebells 8-8.45pm			Pole Class 8.15- 9.15pm	Mixed Circuit Training Class 8-8.45pm

*This is a list of new class timetable starting the 13th Of April.
For more information contact Emmet Club manager or
Any of the team.*

