

# TWIN TREES

HOTEL & LEISURE CLUB

## Class Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yoga with Karen @9.30am	Yoga with Karen @9.30am				Yoga with Karen @9.30am	
Aqua Aerobics 10am	Body Tone @ 10am	Aqua Aerobics @ 10am	Triple A @ 10am	Aqua Aerobics @ 10am	Kids swimming Lessons 9.30-12.30	
Core 11 am FFM	Kids swimming Lessons 3.30-6pm		Kids swimming Lessons 3.30-6pm	Pilates 11am		
	Step Aerobics @6.15pm		Adult swim Lessons 11am			
Yoga with Karen @6.30pm	Yoga with Karen @6.30pm					
Aqua Aerobics @6:45	Body pump @7pm	Aqua Aerobics @6:45	Boxercise @7pm	Aqua Aerobics @6:45		
	Adult swim Lessons 7.30pm					

Booking is essential. Contact reception for more details on 0871532796.