

**Class Timetable**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Yoga with Karen @9.30am</b>	<b>Yoga with Karen @9.30am</b>				<b>Yoga with Karen @9.30am</b>	
<b>Aqua Aerobics 10am *FFM</b>	<b>Body Circuit 10am *FFM</b>	<b>Aqua Aerobics @ 10am *FFM</b>	<b>Triple A 10am *FFM</b>	<b>Aqua Aerobics @ 10am *FFM</b>	<b>Kids Swimming lessons 9.30am-2pm</b>	
<b>Pilates 11 am FFM</b>		<b>Stretch &amp;Flexibility 11am FFM</b>		<b>Pilates 11am</b>		
	<b>Kids Swimming lessons 3.30-6pm</b>		<b>Kids Swimming lessons 3.30-6pm</b>			
<b>Yoga with Karen @6.30pm</b>	<b>Yoga with Karen @6.30pm</b>	<b>Body Blitz 6.15pm-7pm FFM</b>				
<b>Aqua Aerobics @7pm *FFM</b>	<b>Circuit 7pm *FFM</b>	<b>Aqua @7.00pm *FFM</b>	<b>Pump it up 7pm *FFM</b>	<b>Aqua Aerobics @7pm *FFM</b>		

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

**\*(FFM) Free Classes for Members of Twin Trees Leisure Club**