



**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 *FFM	Body Tone @ 10am *FFM	Aqua Aerobics @ 10am *FFM	Bums & Tums @ 10am *FFM	Aqua Aerobics @ 10am *FFM		
Core & Stretch @ 11am						
Step Aerobics @ 6.00pm *FFM			Core & Stretch @ 6pm			
Yoga with Karen @ 6.30pm	Yoga with Karen @ 6.30pm					
Aqua Aerobics @ 6.45pm *FFM	Circuit @ 7pm *FFM	Aqua Aerobics @ 6.45pm *FFM	Boxercise @ 7pm *FFM	Aqua Aerobics @ 6.45pm *FFM		

**Booking is essential, as spaces are limited. Contact reception for more details on 0871532796.**

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