

Twin Trees Leisure Club – Summer Class Schedule from 19th May

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNINGS 7AM		Body Resistance* NEW		Body Resistance* New			
9am -9.45am 9.30am		Circuits - NEW Yoga with Karen (1HR)	Low Impact Aerobics* (1/2 hr)	Hydro Aqua Fit NEW	Low Impact Aerobics* (1/2 hr)		
10am-10.45am	Aqua Aerobics*	Step Aerobics*	Aqua Aerobics*	Movement Plus with Matthew NEW	Aqua Aerobics*	Yoga with Karen (1hr)	
11am-11.45am	Core & Stretch*	Shape & Tone	Stretch & Flexibility*	Chair Yoga* with Donna (1hr)	Core & Stretch*		
EVENINGS							
6.15apm- 7.00pm	Circuits*	Circuits* Yoga with Karen (1Hr)	Movement Plus with Matthew NEW		Circuits*		
7.00pm – 7.15pm		AB Blast*		Hyrox Train* (7pm-8pm)	AB BLAST*		
7.00pm – 7.45pm 7.30pm – 8.15pm	Aqua Aerobics*		Aqua Aerobics* (7.30pm-8.15pm)		Aqua Aerobics*		
Ice Bath bookings							All day