



PILATES AND CARDIO AVAILABLE TIMES

Shaded areas are **UNAVAILABLE** times

	8.30 am	9.30 am	10.30 am	11.30 am	12.00 pm	1.00 pm	1.30 pm	2.30 pm	3.30 pm	4.30 pm	5.30 pm	6.30 pm	7.00 pm
Monday	Class	9.00-9.30											
Tuesday	Class	9.00-10.30									Class 5.30-6.00		
Wednesday		Class 9.30-10.30											
Thursday		Class 9.30-10.30							Class 4.00-6.00				
Friday	Class	9-10											
Saturday*													

*Always confirm opening hours.



PILATES AND CARDIO AVAILABLE TIMES

Shaded areas are **UNAVAILABLE** times

	8.30 am	9.30 am	10.30 am	11.30 am	12.00 pm	1.00 pm	1.30 pm	2.30 pm	3.30 pm	4.30 pm	5.30 pm	6.30 pm	7.00 pm
Monday	Class	9.00-10.0											
Tuesday	Class	9.00-10.30									Class 5.30-6.00		
Wednesday		Class 9.30-10.30											
Thursday		Class 9.30-10.30							Class 4.00-6.00				
Friday	Class	9-10											
Saturday*													

*Always confirm opening hours