

Aerobics Timetable up to and Inc Saturday 19th Dec

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9.30-10.30am 20/20/20 Alex 10	9.30-10.30am Body Blitz Alex 10		9.30-10.30am Fitsteps Livvy 10	9.45-10.45am Forever Fit Alex 10	9.30-10.30am Pilates Gemma 15
11.00-12.00pm Forever Fit Livvy 10	11.00-12.00pm 50+ Pilates Jenny 15	11.00-12.00pm Pilates Alex 15	11.00-12.00pm Tone Up Alex 10	11.00-12.00pm Forever Fit Alex 10	11.00-12.00pm Yoga Sara 15
7.00-8.00pm LBT Dec Kylie 15	6.00-7.00pm Pilates Gemma 15	7.30-8.30pm HiiT Emma 10	7.30-8.30pm Cardio/Strength/Core Alex 10		