



# FITNESS CLASS TIMETABLE

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
7:00 - 7:45	Sunrise	Sunrise			Golf Fit Mobility
9:00 - 9:45		Golf Fit			
10:00 - 10:45	Pilates	Walking Group	Pilates	Aqua Aerobics	Pilates
11:00 - 11:45	Aqua Aerobics		Flex and Core	Walking Group	Aqua Aerobic
12:00 - 12:45		Pilates	Golf Fit		Golf Fit
14:00 - 14:45	Golf Fit		Circuits		
15:00 - 15:45				Golf Fit Mobility	
17:00 - 17:45				Circuits	