

| Monday 21 Jan 2019 | Duration | Intensity Level |
|---------------------------|-----------------|------------------------|
| 09:30 -- Aquafit | 45 mins | ⊕ ⊕ ⊕ ⊕ |
| 11:00 -- Studio Cycle | 45 mins | ⊕ ⊕ ⊕ ⊕ |

| Tuesday 22 Jan 2019 | Duration | Intensity Level |
|----------------------------|-----------------|------------------------|
| 18:30 -- Studio Cycle | 45 mins | ⊕ ⊕ ⊕ ⊕ |

| Wednesday 23 Jan 2019 | Duration | Intensity Level |
|------------------------------|-----------------|------------------------|
| 18:00 -- Studio Cycle | 45 mins | ⊕ ⊕ ⊕ ⊕ |

| Thursday 24 Jan 2019 | Duration | Intensity Level |
|-----------------------------|-----------------|------------------------|
| 11:00 -- Studio Cycle | 45 mins | ⊕ ⊕ ⊕ ⊕ |
| 18:00 -- Studio Cycle | 45 mins | ⊕ ⊕ ⊕ ⊕ |

| Monday 28 Jan 2019 | Duration | Intensity Level |
|---------------------------|-----------------|------------------------|
| 09:30 -- Aquafit | 45 mins | ⊕ ⊕ ⊕ ⊕ |
| 11:00 -- Studio Cycle | 45 mins | ⊕ ⊕ ⊕ ⊕ |

| Tuesday 29 Jan 2019 | Duration | Intensity Level |
|----------------------------|-----------------|------------------------|
| 18:30 -- Studio Cycle | 45 mins | ⊕ ⊕ ⊕ ⊕ |

| Wednesday 30 Jan 2019 | Duration | Intensity |
|------------------------------|-----------------|------------------|
|------------------------------|-----------------|------------------|

This timetable is current as of 18/01/2019. Activities and schedules subject to change.

Whilst we make every effort for classes to be covered, there may be occasions where we have no option but to offer an alternative class due to instructor availability.

This timetable is current as of 18/01/2019. Activities and schedules subject to change.

Whilst we make every effort for classes to be covered, there may be occasions where we have no option but to offer an alternative class due to instructor availability.