

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	⊕ ⊕ ⊕ ⊕

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.

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 Rothbury Pool and Gym  @ActiveNland