

GYM AND CLASSES TIMETABLE - APRIL 2017

GYM	INSTRUCTOR PRESENT	EXERCISE CLASSES			
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MON 10	12:00 - 19:45				
TUE 11	12:00 - 19:45		Aqua Fit 10:30 - 11:30	Spin 12:45 - 13:15	Spin 18:30 - 19:15
WED 12	12:00 - 19:45	12:30 - 13:30	Spin 09:15 - 10:00	Beginner Spin 14:15 - 15:00	
THU 13	12:00 - 19:45		Spin 12:45 - 13:15		Spin 18:30 - 19:15
FRI 14	GOOD FRIDAY				
SAT 15	10:00 - 13:00				
SUN 16	EASTER SUNDAY				

MON 17	EASTER MONDAY				
TUE 18	12:00 - 19:45			Spin 12:45 - 13:15	Spin 18:30 - 19:15
WED 19	12:00 - 19:45	12:30 - 13:30	Spin 09:15 - 10:00	Beginner Spin 14:15 - 15:00	
THU 20	12:00 - 19:45		Spin 12:45 - 13:15		Spin 18:30 - 19:15
FRI 21	12:00 - 19:45	12:30 - 13:30			
SAT 22	10:00 - 13:00				
SUN 23	10:00 - 13:00				

MON 24	12:00 - 19:45		STAFF TRAINING		
TUE 25	12:00 - 19:45		STAFF TRAINING		
WED 26	12:00 - 19:45		STAFF TRAINING		
THU 27	12:00 - 19:45		STAFF TRAINING		
FRI 28	12:00 - 19:45		STAFF TRAINING		
SAT 29	10:00 - 13:00		STAFF TRAINING		
SUN 30	10:00 - 13:00		STAFF TRAINING		