

## *Fitness Class Timetable - July*

**Monday 1st** - Aqua (10am)

**Tuesday 2nd** - Health walk (10am), Spin (2pm)

**Wednesday 3rd** - Pilates (10am), Yoga (1.45pm), Health walk (2pm)

**Thursday 4th** - Aqua (10am), Stretch & Mobility (2pm)

**Friday 5th** - Stretch & Mobility (10am), Core & Balance (2pm)

**Monday 8th** - Stretch & Mobility (2pm)

**Tuesday 9th** - Spin (2pm)

**Wednesday 10th** - Pilates (10am), Yoga (1.45pm), Bootcamp (2pm)

**Thursday 11th** - Aqua (10am), Stretch & Mobility (2pm)

**Friday 12th** - Stretch & Mobility (12pm), Core & Balance (2pm)

**Monday 15th** - Aqua (10am), Spin (2pm)

**Tuesday 16th** - Stretch & Mobility (10am), Health walk (2pm)

**Wednesday 17th** - Pilates (10am), Yoga (1.45pm), Bootcamp (4pm)

**Thursday 18th** - Aqua (10am), Stretch & Mobility (2pm), Spin (4pm)

**Friday 19th** - Stretch & Mobility (10am), Spin (2pm) Core & Balance (4pm)

**Monday 22nd** - Aqua (10am), Stretch & Mobility (2pm)

**Tuesday 23rd** - Stretch & Mobility (10am), Core & Balance (2pm), Health walk (4pm)

**Wednesday 24th** - Pilates (10am), Yoga (1.45pm), Spin (2pm)

**Thursday 25th** - Aqua (10am), Stretch & Mobility (2pm)

**Friday 26th** - Health walk (10am), Bootcamp (2pm), Spin (4pm)

**Monday 29th** - Spin (10am), Health walk (2pm)

**Tuesday 30th** - Health walk (10am), Bootcamp (2pm)

**Wednesday 31st** - Pilates (10am) Stretch & Mobility (11am), Yoga (1.45pm)