

# April Public Holiday Group Fitness Timetable

	Friday 19 <sup>th</sup>	Saturday 20 <sup>th</sup>	Sunday 21 <sup>st</sup>	Monday 22 <sup>nd</sup>	Thursday 25 <sup>th</sup>
7.00 am	Centre Closed No Classes	Aqua			
8.00am		Aqua			
		Pilates			
8.30am				Aqua	
9.30am		Boxercise	Zumba	Aqua	
10.00am		Yoga			
10.30am			Pilates	Pilates	
11.30am				Gentle Circuit	12.15pm Hydro
5.30pm				Pilates	Metabolic Pump
				Aqua	Aqua