

Fabulous Physical Fun Timetable

Exercise Type	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Pilates Mat Work	6.00pm			9.30am		
Pilates on the Ball	9.15am					
Aqua	Seasonal		9.30am			
Group Keep Fit		6.00pm	8.00am	6.00pm	8.00am	
Strong Women	Winter		9.30am			
One on One	By Appointment	By Appointment	By Appointment	By Appointment	By Appointment	By Appointment

Please call to book your spot. Times and classess subject to change.