

YOUR FITNESS CLASS TIMETABLE

Link4Life

From July 2020

Monday

| | | |
|-----------------------------|-------------------|-------------|
| 09:30 - 10:15 | Pilates | Hall |
| 18:00 - 18:45 | Legs, Bums & Tums | Hall |
| 18:15 - 19:00 | Indoor Cycling | Sports Hall |
| 19:15 - 20:00 | Pilates | Hall |
| 20.00 Closed for deep clean | | |

Thursday

| | | |
|-----------------------------|----------------|-------------|
| 18:30-19:15 | Boot Camp | Hall |
| 19:15 - 20:00 | Indoor Cycling | Sports Hall |
| 20.00 Closed for deep clean | | |

Tuesday

| | | |
|-----------------------------|----------------|-------------|
| 11:15 - 12:00 | Yoga | Hall |
| 19:00 - 19:45 | Indoor Cycling | Sports Hall |
| 19.45 Closed for deep clean | | |

Friday

| | | |
|-----------------------------|---------|------|
| 10:45 - 11:30 | Pilates | Hall |
| 19:00 - 19:45 | Yoga | Hall |
| 19:45 Closed for deep clean | | |

Wednesday

| | | |
|-----------------------------|-------------------|------|
| 10:00 - 10:45 | Pilates | Hall |
| 18:00 - 18:45 | Legs, Bums & Tums | Hall |
| 18.45 Closed for deep clean | | |

Saturday

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|-----------------------------|------------|------|
| 10:15 - 11:00 | Dancercise | Hall |
| 11:00 Closed for deep clean | | |

There are no classes on Sundays