

THE QUAYS GROUP CLASS TIMETABLE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:30-07:15 - Les Mills RPM	09:15-10:00 - Zumba	06:30-07:15 - RPM	09:15-10:10 - Pilates	09:45-10:40 - Body Tone	08:30-09:15 - Studio Cycling	09:00-09:55 - Les Mills Body Pump
09:30-10:25 - Zumba	10:15-11:00 - Pilates	09:15-10:00 - Pilates	10:15-11:00 - Zumba	11:00-11:55 - Les Mills Body Balance	08:30-09:25 - Yoga	10:05-11:00 - Tai Chi
10:30-11:25 - Les Mills Body Balance	11:05-12:00 - Yoga	10:05-11:00 - Les Mills Body Balance	11:05-12:05 - Les Mills Body Balance	11:00-11:45 - Studio Cycling	09:30-10:25 - Les Mills Body Pump	
11:55-12:50 - Les Mills Body Pump	11:55-12:50 - Les Mills Body Pump	11:05-11:55 - Pump Fit	12:10-13:05 - Les Mills Body Pump	12:05-13:00 - Les Mills Body Pump	10:30-11:25 - Les Mills Body Combat	
12:00-12:45 - RPM	13:00-13:45 - Les Mills Body Balance	12:10-12:55 - Studio Cycling	13:15-14:00 - Yoga	17:30-18:15 - Les Mills RPM		
13:05-14:00 - Pilates	17:30-18:25 - Les Mills Body Pump	17:00-17:55 - Les Mills Body Pump	17:35-18:30 - Les Mills Body Step	18:30-19:25 - Dance Fitness		
18:00-18:45 - Les Mills Body Combat	18:30-19:25 - Les Mills Body Balance	18:00-18:55 - Les Mills Body Combat	18:35-19:30 - Les Mills Body Pump	18:30-19:00 - Les Mills Sprint		
18:50-19:35 - Dance Fitness						
19:45-20:40 - Yoga						



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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:45-11:30 - Aqua Fit	09:20-10:05 - Aqua Fit	10:45-11:30 - Aqua Fit	09:30-10:15 - Aqua Fit	09:30-10:15 - Aqua Fit		