






CLASS TIMETABLE

MON	TUE	WED	THU	FRI	SUN
06:00 SWIM SQUAD	06:00 ATHLETIC PILATES	06:00 BOOT CAMP	06:00 SPIN	06:00 SWIM SQUAD	
07:00 PILATES 	07:00 HIIT	07:00 YOGA 	07:00 WEIGHTS CIRCUIT	07:00 PILATES 	
					08:30 YOGA 
12:30 SPIN 45 MINUTES	12:30 FOCUS 45 MINUTES	12:00 STROKE CORRECTION	12:30 FOCUS 2.0 45 MINUTES	12:00 AQUA AEROBICS 35 MINUTES	
		12:30 STRETCH & MOBILITY 40 MINUTES		12:45 STRETCH & UNWIND 30 MINUTES	
18:00 YOGA 					

Limited space available, please book your class by emailing addesk@tattersallsclub.org to avoid disappointment.



- Denotes classes will be streamed on Zoom.