

# CLASS TIMETABLE

## MONDAY

| Time          | Class          | Room      | Instructor |
|---------------|----------------|-----------|------------|
| 18.00 - 18.45 | Studio Cycling | Community | Karen      |

## TUESDAY

| Time          | Class   | Room  | Instructor |
|---------------|---------|-------|------------|
| 19.30 - 20.30 | Pilates | Dance | Dave       |

## WEDNESDAY

| Time          | Class          | Room      | Instructor |
|---------------|----------------|-----------|------------|
| 17.30 - 18.30 | Yoga           | Dance     | Laura      |
| 19.15 - 20.00 | Studio Cycling | Community | Karen      |

## THURSDAY

| Time          | Class   | Room  | Instructor |
|---------------|---------|-------|------------|
| 19.30 - 20.30 | Pilates | Dance | Dave       |

## SATURDAY

| Time          | Class | Room  | Instructor |
|---------------|-------|-------|------------|
| 10.30 - 11.30 | Yoga  | Dance | Laura      |