Class Programme

	9.00- 10.00	10.00 - 11.00	11.00-12.00	12.00-1.00	1.00-2.00	2.00-3.00	3.00-4.00	4.00-5.00	5.00-6.00	6.00-7.00	7.00-8.00	8.00-9.00	9.00-10.00
Mon							Pulmonary Rehab			Legs, Bums and Tums	Traditional Keep Fit		
Tues					Cardiac Rehab Phase 4					Zumba	Pilates	Pilates	
Wed		Cardiac Rehab Phase 2								Weight Loss Challenge	Circuit Training	Kettlercise	
Thurs		Traditional Keep Fit					Pulmonary Rehab			Yoga	Zumba / Salsa		Salsa
Fri		Zumba Gold								Kettlersize			
Sat			Cardiac Rehab Phase 4										
Sun													