

Monday	Tuesday	Wednesday	Thursday
	8am PT Session		8am PT Session
	9am PT Session		9am PT Session
9.45am Circuit Class (Max 12)		9.45am Fat Burner Class (Max 12)	9.45am Circuit Class (Max 12)
	10am PT Session		
		11am Stretch & Core (Max 12)	
10.45am Aqua Aerobics (Max 15)			10.45am Aqua Aerobics (Max 15)
	11am Nordic Walking		
11.45am Stretch & Core			11.45am Assessment
13.10pm Assessment	13.10pm Assessment	13.10pm Assessment	13.10pm Assessment
14.00pm PT Session	14.00pm PT Session	14.00pm PT Session	14.00pm PT Session
15.00pm PT Session	15.00pm PT Session	15.00pm PT Session	15.00pm PT Session
16.00pm PT Session	16.00pm PT Session	16.00pm PT Session	16.00pm PT Session
17.15pm PT Session	17.00pm PT Session	17.15pm Assessment	17.00pm PT Session
18.00pm Assessment	18.00pm PT Session	18.00pm PT Session	
19.00pm Circuit Class (Max 12)		19.00pm Circuit Class (Max 12)	



pure workout

Effective from September 2016 (subject to change)