



CLUB ASHDOWN FITNESS CLASS TIMETABLE



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|-----------------------|----------------------------|-----------------------|---|-----------------------|----------|--------|
| | 7am Pool Biking | | 7am Pool Biking | | | |
| 10:00am Aqua | 11:00am Aqua Weights | 9.00am Pool Biking | | 11:00am Aqua Bells | | |
| | | | 11am Somatics | | | |
| | | | 11.30 – 12.15 School lessons Pool not available | | | |
| | 3 – 5pm Swim Academy | | 6pm Yoga | | | |
| 6:30pm Pool Biking | 6.30pm Pool Biking | | 6.30pm Pool Biking | | | |
| 7pm Pilates | | 7.00 pm Pilates | 7:30pm Somatics | | | |
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