



# 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			11:00am Aqua Bells		
			11am Somatics			
			11.30 – 12.15 School lessons Pool not available			
	3 – 5pm Swim Academy					
	6.30pm Pool Biking		6.30pm Pool Biking			
7pm Pilates		7.00 pm Pilates				

