



CLUB ASHDOWN FITNESS CLASS TIMETABLE



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

Pool Biking bundles available

