

Andrew (Boy) Charlton Pool

Group Fitness Studio

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------|----------------------|-------------------|-----------|----------------------|-------------------|-------------------|--------|
| 7.00am | Pilates (45 mins) | | | Pilates (45 mins) | Yoga (45 mins) | | |
| 9.00am | | | | | | Yoga (60 mins) | |
| 6.00pm | | Yoga (45 mins) | | | | | |

50m Pool

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------|----------------------|---------|----------------------|----------|----------------------|----------|--------|
| 12.30pm | SwimFit (60 mins) | | SwimFit (60 mins) | | SwimFit (60 mins) | | |

All classes are correct at time of print. From time to time and due to unforeseen circumstances we may need to change the timetable at the last minute.