

Classes Timetable

Monday	Tuesday	Wednesday	Thursday
		9.15am- 10:00am Aqua Fit Karen	
10:00am - 10:45am Aqua Zumba Helen		10:30am - 11:00am Sing & Swim Adult & Child Sian	10:00-10:45am Aqua Zumba Helen
		11:00am - 14:00pm Swimming Lessons Sian (1 lane)	
17:30pm - 18:00pm Gym HiiT Kaye		17:15pm - 17:45pm Kettlebells Ben	
18:00pm - 18:30pm Core & Stretch Kaye	18:00pm - 19:00pm Pilates Fit Michelle	18:00pm - 18:45pm Gym HiiT Ben	17:30pm - 18:15pm Circuits Ewan



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CHESTER