

Oaks Leisure Club Class Timetable 2016

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	Spinning 9.30am - 10:00am Aqua Aerobics 10:00 am - 10:45am	Zumba 9.15am- 10.10am Pilates 10.15am - 11.00am	Spin 9.30am- 10.00am Bums & Tums 10.10 am - 11am	Aqua Aerobics 9.30am- 10.15am	Spinning 9:30am – 10:am Spinning 10:00 - 10:30am Pilates 10:00am - 11:00am
Evening	Ab Attack 5.50pm- 6.10pm Spin 6.15pm- 6.45pm Yoga 7pm- 8pm	Box Fit 6:00pm - 6:45pm	Ab Attack 5:50pm - 6:10pm Spin 6.15pm – 6.45pm	Jump 5:50pm- 6:10pm Pilates 6:15pm- 7:00pm	Spinning 5.45am – 6:15pm