

Fitness Class Timetable



	10AM	11:15AM	6PM	7PM
Monday	Outdoor Body Tone		Outdoor Circuit Training	Indoor Studio Abs (30mins)
Tuesday	Outdoor Body Blast	Indoor (45mins) Fitness Pilates	Indoor (45mins) Fitness Pilates	
Wednesday	Outdoor BOXERCISE		Outdoor Studio Cycling	
Thursday	Outdoor Body Tone		Outdoor BOXERCISE	
Friday	Outdoor Circuit Training			
Saturday	Outdoor Body Blast	Indoor (45mins) Fitness Pilates		

Fitness Classes are for Country Club members only
 Maximum: 15 people per outdoor class | 5 people per indoor class
 All classes are 1 hour unless stated otherwise.