

COUNTRY CLUB TIMETABLE

STARTS 6TH JAN

MON

CIRCUITS

9:30- 10:00AM

YOGA

9:30- 10:30AM

Spin

6:00 – 6:30pm

CIRCUITS

6:45- 7:15PM

SPIN

7:30- 8:00PM

TUES

SPIN

9:30- 10:00AM

CIRCUITS

10:15-10:45AM

WATER AEROBICS

11:00-
11:30AM

SPIN

6:00- 6:30PM

KETTLEBELLS

6:45-7.15PM

YOGALATES

7:30- 8:15PM

WED

KETTLEBELLS

9:30- 10:00AM

PILATES

10:15- 11:15AM

WATER AEROBICS

11:00-
11:30AM

SPIN

6:00- 6:30PM

CIRCUITS

6:45- 7.15pm

STRENGTH CONDITIONING

7:30- 8.00pm

THUR

SPIN

9:30- 10:00AM

CIRCUITS

10:15- 10:45AM

WATER AEROBICS

11:00-
11:30AM

YOGA

6:30- 8:00PM

CIRCUITS

6:45- 7:15PM

SPIN

7:30- 8:00PM

FRI

SPIN

9:30- 10:00AM

CIRCUITS

10:15- 10:45AM

HYROX

6:30- 7:15PM

STRENGTH CONDITIONING

7:30- 8.00pm

SAT

SPIN

10:30-
11:00AM

SUN

CIRCUITS

10:30-
11:00AM