

	Tue	Wed	Thu	Fri	Sat
6:30 - 7:00am	Circuit Training (NEW)		Circuit Training (NEW)		
7:00 - 7:30am				Rockit Board Zoom	
8:00 - 8:30am				Fifties Plus Fitness	
8:30 - 9:00am					
9:30 - 10:00am		Weight Loss Class (NEW)	Fifties Plus Fitness		
10:00-10:30am					
10:30-11:00am					
12:00-12:30pm					Nordic Walking (NEW)
12:30-1:00pm					
1:00 - 1:30pm	Nordic Walking (NEW)				
1:30 - 2:00pm					
4:30 - 5:00pm	Rockit Board Zoom				
5:30 - 6:00pm	Fifties Plus Fitness	Fifties Plus Fitness	Fifties Plus Fitness		
6:00 - 6:30pm					
6:30 - 7:00pm	Rockit Board Zoom	Weight Loss Class	Rockit Board Zoom (NEW)		
7:00 - 7:30pm					