

ROTHESAY TEMPORARY FITNESS CLASS TIMETABLE

Monday 9th – Monday 16th July

MONDAY

0930-1030: Aquafit @ Pool
1100-1145: Absolute Core @ Moat
1800-1830: FBX @ Moat

TUESDAY

1000-1100: Yogaflow @ Moat
1100-1145: Flex N' Fitness @ Moat
1900-1930: FBX @ Moat

WEDNESDAY

0645-0730: Total Body Conditioning @ Pool
1245-1345: Super 60's @ Moat
1800-1900: Aquafit @ Pool
1900-1930: FBX @ Moat

THURSDAY

1200-1300: Aquafit @ Pool
1800-1900: Circuits Bootcamp @ Pool

FRIDAY

0930-1030: Aquafit @ Pool

SATURDAY

0915-1000: Total Body Conditioning @ Pool

