

## **ROTHESAY TEMPORARY FITNESS CLASS TIMETABLE**

**Monday 9<sup>th</sup> – Monday 16<sup>th</sup> 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**

