



ENERGIZE

FITNESS & LEISURE

SUMMER TIMETABLE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:00-10:45					AQUAFIT
12:30-13:00					ROWFIT
13:00-13:45	AQUAFIT	AQUAFIT	AQUAFIT	AQUAFIT	PILATES
17:30-18:00	ROWFIT	ENERGIZE CYCLE			
18:15-19:00	PILATES	STRENGTH & CARDIO	ABS & GLUTES	ZUMBA	
19:15-20:00					