

| | Morning | | | Afternoon | | | | Evening | |
|-----------|---|--|---|---|--|--|--|---|---|
| Monday | Fitness Yoga Tutor: Christian 6.55am-7.25am £4.00 | Swing of Things Tutor: Roberta 9.30am—11.30am £3.50 | Stretch N Flex Tutor: Liz 12.00am—1.00pm £3.50 | | Metafit Tutor: Gemma 12.15pm-12.45pm £4.00 | Aquafit Tutor: Liz 1.30am-2.15pm £4.00 | | Pure Circuits Tutor: Shaun 6.00pm-7.00pm £4.00 | Deep Water Aquafit Tutor: Shonna 6.30pm-7.15pm £4.00 |
| Tuesday | HIIT Step Tutor: Liz 6.55am-7.25am £4.00 | Walk & Talk Tutor: Maggie 9.30am—11.30am £2.00 | Gentle Spin Tutor: Liz 10.00am—11.00am £3.50 | Aquafit Tutor: Lynda 11.30am-12.15pm £4.00 | Boxercise Tutor: Lesley 12.15pm-12.45pm £4.00 | Beginners Boxercise Tutor: Lesley 1.00pm-1.45pm £3.50 | | Glow Spin Tutor: Olivia 6.15pm-6.45pm £4.00 | Ladies Only Swimming 8.00pm-9.00pm £4.40 |
| Wednesday | Spin Tutor: Christian 6.55am-7.25am £4.00 | Swing of Things Tutor: Irene 10.00am-12.00pm £3.50 | Body Toning Tutor: Liz 11.00am-12.00pm £3.50 | Chair Based Exercise Tutor: Liz 12.00pm—1.00pm £3.50 | Fitness Yoga Tutor: Christian 12.15pm-12.45pm £4.00 | | | Circuits Tutor: Liz 6.00pm—7.00pm £4.00 | Aqua Jogging 8.00pm-9.00pm £4.40 13/11/2019 |
| Thursday | Circuits Tutor: Olivia 6.55am-7.25am £4.00 | Disability Spin Tutor: Liz 10.30am-11.00am £3.50 | Gentle Circuits Tutor: Liz 11.00am—12.00pm £3.50 | Aquafit Tutor: Liz 12.00pm-12.45pm £4.00 | Pure Pads Tutor: Josh 12.15pm-12.45pm £4.00 | Social Spin Tutor: Lesley 1.00pm-2.00pm £3.50 | Deep Water Aquafit Tutor: TBC 6.00pm-6.45pm £4.00 | Circuits Tutor: Karin 6.00pm—7.00pm £4.00 | |
| Friday | Fun HIIT Tutor: Trevor 6.55am-7.25am £4.00 | Walk & Talk Tutor: Annie 9.30am—11.30am £2.00 | | | Core & More Tutor: Gemma 12.15pm-12.45pm £4.00 | Social Spin Tutor: Lesley 2.00pm—3.00pm £3.50 | | Ready Steady Move Tutor: TBC 6.00pm-7.00pm £4.00 | |
| Saturday | Circuits in the Gym Tutor: Gemma 8.30am-9.00am £4.00 | Yoga Tutor: Aga 10.00am-11.00am £4.00 | Fun & Fitness Tutor: Liz 11.00am-12.00pm £3.50 | | | | | | |
| Sunday | Couch 2 5K Tutor: James 9.00am-10.00am £3.50 | Yoga Tutor: Aga 09.00am-10.00am £4.00 | | | | | For full class descriptions and to book online please visit: MSR.GOV.IM | | |