

Class

Timetable



<u>Class</u>	<u>Day</u>	<u>Time</u>
Circuit*	Monday	6:00 – 7:00pm
Yoga*	Tuesday	5:15 – 6:45pm
Circuit	Tuesday	6:30 – 7:00pm
Aerobics*	Wednesday	6.00 – 7.00pm
Boxercise	Thursday	6.00 – 7.00pm
Circuit	Thursday	6:30 – 7:00pm
Ab Attack*	Thursday	7:15 – 7:45pm
Zumba	Saturday	11am – 12pm

* These classes are free to Handsworth Pro members.