



THE CLUB  
AT HOLBROOK

## CLASS TIMETABLE

Monday	Tuesday	Wednesday	Thursday	Friday
9:00am BEGINNERS BOX FIT	9:00am LEGS BUMS & TUMS	9:00am CIRCUITS	11:15am FITNESS PILATES	9:00am FULL BODY FLEX
9:15am AQUA FIT	10:00am YOGA STRETCH	11:15am TAI CHI	12:30pm AQUA FIT	10:00am BODY CONDITIONING
1:30pm PILATES	11:00am PILATES	5:30pm SPIN		11:30am AQUA FIT
6:30pm HATHA YOGA	11am AQUA FIT			11:30am HATHA YOGA
	5:30pm CIRCUITS			2:00pm ADULT BALLET
	6:30pm SPIN			