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**Tuesday**

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09:00-09:45	Ladies Only Lane Swimming
10:15-11:00	Ladies Only Lane Swimming
20:15-21:00	Ladies Only Lane Swimming

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**Thursday**

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09:00-09:45	Ladies Only Lane Swimming
10:15-11:00	Ladies Only Lane Swimming
20:15-21:00	Ladies Only Lane Swimming

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**Friday**

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07:45-08:30	Ladies Only Lane Swimming
09:00-09:45	Ladies Only Lane Swimming
10:15-11:00	Ladies Only Aqua-Fit

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**Monday**

10:00-10:45	Ladies only Tabata and Abs
11:00-12:00	Ladies Yoga
12:15-13:00	Ladies Group Cycle
17:00-18:00	Ladies Zumba ®
18:15-19:00	Ladies Body Pump

**Tuesday**

06:45-07:45	Ladies Bodycombat ™
09:30-10:30	Ladies Body Pump ™
10:45- 11:45	Ladies Pilates
19:15-20:00	Ladies Group Cycling

**Wednesday**

09:30-10:30	Ladies Body Sculpt
10:50-11:50	Ladies Dance Fit
17:15-18:15	Ladies Zumba ®
18:30-19:15	Ladies Tabata ™ and Abs

**Thursday**

09:30-10:30	Ladies Body Pump ™
17:00-17:45	Ladies Body Sculpt
18:00-19:00	Ladies Bollywood

**Friday**

09:30-10:30	Ladies Body Sculpt
10:15-11:00	Ladies Aqua-fit
10:45-11:30	Ladies Cardio Blast

**Saturday**

11:30-12:15	Ladies Absolution
14:00-14:45	Ladies Tabata and Abs

**Sunday**

10:00-11:00	Ladies Zumba ®
11:15-12:15	Ladies Circuits

