

CLASSES

COAST CLUB

LEISURE CENTRE

WEEKLY

MON

10:00am -
Aqua Class
1pm - ABB Blast
6pm - Core
blast circuits
7pm - Pilates

TUE

7am - Circuits
10am - ABB Blast
6pm - Core
blast circuits
7pm - Yoga

WED

10:00am -
Aqua Class
7pm - Pilates

THU

7am - Strength
& Conditioning
9am - Walk club
10am - ABB Blast

FRI

10:00am -
Aqua Class
1pm - ABB
Blast

SAT

1pm - Yoga