

	MORNING				AFTERNOON				EVENING			
<b>Monday</b>	10.30 – 1.30 <b>Pals Walk</b>		11.15 – 12.00 <b>Aqua Med</b>		12.00 – 13.00 <b>Tai Chi</b>	13.30 – 14.30 <b>Sitara Fitness Class</b>	14.30 – 15.00 <b>Sitara Aqua Fit</b>		18.00 – 18.45 <b>Circuit</b>	18.30 – 19.15 <b>Pilates</b>	19.15 – 20.00 <b>Aqua Zumba</b>	20.00 – 20.45 <b>Sitara Aqua</b>
<b>Tuesday</b>	10.30 – 11.30 <b>Circuit</b>	11.00 – 12.00 <b>Chair Circuit</b>				13.30 – 14.30 <b>Health Circuit</b>			16.00 – 18.00 <b>Gymnastics Club</b>	17.45 – 18.45 <b>Pilates</b>	18.00 – 18.45 <b>Aqua fit</b>	
<b>Wednesday</b>	10.00 – 10.45 <b>Zumba</b>				12.45 – 13.30 <b>Pilates</b>	13.30 – 14.30 <b>Sitara Fitness Class</b>	14.30 – 15.00 <b>Sitara Aqua Fit</b>		18.00 – 19.00 <b>Fitball</b>		20.00 – 20.45 <b>Sitara Fitness Class</b>	20.45 – 21.30 <b>Sitara Aqua Fit</b>
<b>Thursday</b>		10.30 – 11.30 <b>Essentially dance</b>			13.00 – 14.00 <b>Chair Based Circuit</b>	13.00 – 14.00 <b>Activity Mix</b>			17.45 – 18.45 <b>Bodytone</b>	18.45 – 19.30 <b>Zumba</b>		
<b>Friday</b>	9.30 – 11.00 <b>Pals Walk</b>			11.15 – 12.00 <b>Aqua Med</b>	12.15 – 13.15 <b>20/20/20</b>							
<b>Saturday</b>			11.00 – 11.45 <b>Shift It</b>									
<b>Sunday</b>					13.00 – 13.45 <b>Sitara Aqua Fit</b>							

2012 Edition. New classes to Launch week commencing 9<sup>th</sup> January