Batley Sports and Tennis Centre Jan 2012

Monday										**Zumba**	**Yoga**	**Aqua Fit**
										19:15 - 20:00	20:00 -21.00	20.00-20.45
Tuesday			**Aqua Fit**					**Bodytone**	**Kettlercise**	**Aerobics**	**Ab Attack**	**BoxFit**
			11:00 - 11:45					17:45 - 18:30	18.00 - 19.00	18:30 - 19:30	19:00 - 19:30	19:30 - 20:30
Wednesday			**Aqua Med**		**Circuit (PALS)**					**MMA Fitness**	**BoxFit**	**Aqua Fit**
			11:15 - 12:00		14:00 - 15:00					18:45 - 19:30	19:30 - 20:30	20:00 - 20:45
Thursday										**Shift It**	**Fitball**	**Kettlercise**
										18:00 - 19:00	19:00-19:45	19:45 - 20:45
Friday	**Low Intensity Aerobics**	**Aqua Zumba**	**Pilates**	**Line Dancing**					**Functional Clinics**			
	10:45 - 11:45	11:15 - 12.00	12.15 - 13.15	12:45 - 13:30					17:45 - 18:45			
Saturday	**Zumba**	**Kettlercise**	**AeroStep**									
	9:30 - 10:15	10:00 - 11:00	10:15 - 11:15									
Sunday			**Circuits**									
			10:30 - 11:30									