








































**Whitcliffe Mount Sports Centre as of 9th January 2012**

<b>Monday</b>	Zumba	Pilates		Circuit			Ultimate Core	Boxercise	Studio Cycling	Yoga		
	9:15 - 10:00 	10.15 - 11.15 		13.30 - 14.30 			17:45 - 18:30 	18:30 - 19:30 	19:00 - 19.45 	19:30 - 20:30 		
<b>Tuesday</b>	Circuit			Tai Chi		Bodytone	Zumba	Studio Cycling	Aerotone	Circuit	Line Dancing	Circuit
	9.30 - 10.15 			13.45 - 14.45 		17:00 - 17:45 	18:00 - 18:45 	18:00 - 18.45 	18.45 - 19.45 	19:00 - 20:15 	20:00 - 22.30 	20:15 - 21:30 
<b>Wednesday</b>	Pilates						Pilates	Studio Cycling	Bodytone	M.S. Dance		
	9.30 - 10.30 						18:00 - 19:00 	19:00 - 19.45 	19:00 - 20:00 	19:30 - 22:00 		
<b>Thursday</b>	Yoga	Zumba Circuit		Bodytone			Zumba	Studio Cycling	Yoga	Circuit	Circuit	
	10.30-11.30 	12.15 - 13.00 		13.30 - 14.30 			17.30 - 18.15 	18.30 - 19.15 	19.00 - 20.00 	19.00 - 20.15 	20.15 - 21.30 	
<b>Friday</b>	Circuit	Studio Cycling		Tai Chi			Pilates					
	09:15 - 10:15 	9:30 - 10:15 		13.30 - 14.00 			17:30 - 18:30 					
<b>Saturday</b>	Boxercise	Zumba										
	9.30 - 10.30 	9.30 - 10.15 										
<b>Sunday</b>	Studio Cycling	Boot Camp	Circuit						Beginners Line Dancing		Line Dancing	
	10.00 - 10.45 	10:00 - 11:00 	11:00 - 12:00 						18:00 - 19.00 		19:00 - 21.30 