

# Wickwoods

COUNTRY CLUB, HOTEL & SPA

## Monday

9.30-10.30am	**Pump & Tone**
10.45-11.30am	*Over 50's Body Conditioning*
1.00-2.00pm	*Supple Strength*
2.30-3.30pm	*Aerobics*
6.30-7.30pm	*Pilates*
8.00-9.00pm	**Yoga Ashtanga**

## Tuesday

9.30-10.30am	**Body Conditioning**
11.00-12.15am	*Yoga*
1.00-2.00pm	**Zumba**
6.15-7.00pm	**Circuits**
7.45-8.30pm	*Core Fitness*

## Wednesday

9.15-10.15am	*Pilates*
10.45-11.45am	*Pilates*
1.00-2.00pm	*Yoga*
2.30-3.30pm	*Legs, Bums & Tums*
7.00-8.00pm	**Zumba**

## Thursday

9.15-10.15am	*Pilates*
10.45-11.45am	*Pilates*
1.00-2.00pm	*Fitball*
2.30-3.30pm	*Tai Chi*
6.30-7.30pm	**Circuits**
8.00-9.00pm	**Aerobics**

## Friday

9.30-10.30am	**Pump & Tone**
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# EXERCISE CLASSES

\*Low impact\*

\*\*high impact\*\*