

	FRIDAY			SATURDAY			SUNDAY		
	SPORTS HALL	DANCE STUDIO	DINER	SPORTS HALL	DANCE STUDIO	DINER	SPORTS HALL	DANCE STUDIO	DINER
8.00									
8.15									
8.30									
8.45									
9.00									
9.15									
9.30									
9.45	Insanity Pat	RPM Jo	Beginner Adult Tap Dance (09:30-11:00)						
10.00									
10.15									
10.30	Body Pump Jo	Body Balance Ravs	Advanced Adult Tap Dance (10:15-11:45)	Circuit Roy	RPM Helen		Body Pump Delray		
10.45									
11.00									
11.15				Body Pump Helen			Fitness Fusion Chris	RPM Delray	
11.30									
11.45									
12.00									
12.15									
12.30									
12.45									
13.00									
13.15									
13.30									
13.45	Stroke Rehab* Kim								
14.00									
14.15									
14.30									
14.45									

All class times and locations are subject to change.
We are regularly updating our programme as we bring back more activities at different stages.

CALORIE BURN
SPECIALITY
YOUTH
DANCE
RELAXATION
STRENGTH & TONE
NON YMCA/PRIVATE HIRE

*COMMUNITY CLASSES