



TWIN TREES
HOTEL & LEISURE CLUB

Class Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yoga with Karen @9.30am	Yoga with Karen @9.30am				Yoga with Karen @9.30am	
Aqua Aerobics 10am *FFM	Body Circuit 10am *FFM	Aqua Aerobics @ 10am *FFM	Triple A 10am *FFM	Aqua Aerobics @ 10am *FFM	Kids Swimming lessons 9.30am-2pm	
Pilates 11 am FFM		Stretch &Flexibility 11am FFM	Adult Swimming Lessons 11am			
	Kids Swimming lessons 3.30-6pm		Kids Swimming lessons 3.30-6pm			
Yoga with Karen @6.30pm	Yoga with Karen @6.30pm	Body Blitz 6.15pm-7pm FFM				
Aqua Aerobics @7pm *FFM	Circuit 7pm *FFM	Aqua @7.00pm *FFM	Pump it up 7pm *FFM	Aqua Aerobics @7pm *FFM		

Booking is essential. Contact reception for more details on 0871532796.

***(FFM) Free Classes for Members of Twin Trees Leisure Club**