

Charter Community Sports Centre Timetable

Tuesday 23 April - Sunday 30 June 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yoga 5.00-5.55pm (S)	Ashtanga Yoga 7.45-8.45pm (S)	Circuits 6.00-6.55pm (MH)	Aqua Fit 7.00-8.00pm (P)		Ashtanga Yoga 11.00-11.55am (S)	
Legs, Bums & Tums 6.00-6.55pm (S)						
Aqua Fit 7.00-8.00pm (P)						

Class Categories

- Strength & Conditioning
- Mind & Body
- Water Workout