



## Druids Glen Health Club Class Schedule January 2025

	MONDAY	
Time	Class	Venue
7am – 7:45am	Bootcamp	Studio
9:15am – 10am	Spin & Core	Studio
11am – 11:45am	Aqua Aerobics	Pool
7pm – 7:45pm	Pump & Tone	Studio

	TUESDAY	
9:15am – 10am	Spin & Core	Studio
7pm – 7:45pm	Strength Training	Studio

	WEDNESDAY	
Time	Class	Venue
7am – 7:45am	Bootcamp	Studio
9.15am – 10am	Strength Training	Studio
11am – 11:45am	Aqua Aerobics	Pool
7pm – 7:45pm	Spin & Core	Studio

	THURSDAY	
Time	Class	Venue
9:15am – 10am	Spin & Core	Studio
7pm – 7:45pm	Strength Training	Studio

	FRIDAY	
Time	Class	Venue
7am – 7:45am	Bootcamp	Studio
9.15am – 10am	CycleFit	Studio
11am – 11:45am	Aqua Aerobics	Pool

	Saturday	
Time	Class	Venue
11.15am – 12pm	Bootcamp	Studio

	Sunday	
Time	Class	Venue
10.30-11.45	Cycle Fit	Studio