



PLATFORM
fitness

Platform Fitness Summer class timetable

Subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
Spin 7:15AM	Aqua Aerobics 10:00 AM	Kettlebell 7:15AM	Aqua Aerobics 10:00AM	Spin 8:00AM
Beginner Spin 10:00AM	Kettlebell 6:00PM	Spin 10:00AM		
	Aqua Aerobics 7:05PM	Spin 6:00PM	Bootcamp 7:00PM	Spin 7:00PM