



19th August-13th October

ALFORD COMMUNITY CAMPUS

BOXERCISE
COMING SOON!

MONDAY CLASSES

AquaFit	09:30	10:15 Pool
Climbing Wall	16:30	21:30 Gymnasium
Spin	18:15	19:00 Dance Studio
Kettleworx	19:15	20:00 Gymnasium
Spin	19:15	20:00 Dance Studio
AquaHit	20:15	21:00 Pool

TUESDAY CLASSES

Spin	06:30	07:00 Dance Studio
Float Fit	18:40	19:25 Swimming Pool

WEDNESDAY CLASSES

Spin	18:00	18:45 Dance Studio
Spin	19:00	19:45 Dance Studio
Kettleworx	20:00	20:45 Kettleworx

THURSDAY CLASSES

AquaFit	09:30	10:15 Pool
Kettleworx	18:15	19:00 Gymnasium
MetaFit	19:15	19:45 Gymnasium

FRIDAY CLASSES

FloatFit	09:00	09:45 Pool
Kettleworx	10:15	11:00 Community Room 1
Spin	18:15	19:00 Dance Studio
AquaHit	19:15	20:00 Pool

SATURDAY CLASSES

No classes

SUNDAY CLASSES

Climing Wall	11:30	18:30 Gymnasium
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