

# Quad Club Classes Timetable

---

MONDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9.15am-9:45am <b>AQUA</b> Jacky Tombs	09.30am-10.15am <b>PILATES</b> Helena Rowley	9:15am-10am <b>AQUA</b> Jacky Tombs	9:30am-10:15am <b>PILATES</b> Helena Rowley	9:30am-10:15pm <b>INDOOR CYCLING</b> Jacky Tombs
11.15am-12.00pm <b>PILATES</b> Helena Rowley	7:30pm-8:15pm <b>INDOOR CYCLING</b> Jacky Tombs		11:00am-12.00am <b>YOGA</b> Vayia Nafees	