

# WOW

## HOURS & TIMETABLE

**TEMPORARY HOURS**

### **CIRCUIT TIMES**

DAY	CIRCUIT OPENING TIMES
<b>MONDAY</b>	08.00 - 19.00
<b>TUESDAY</b>	08.00 - 12.00 <i>(FitSteps 18.00 - 19.00)</i>
<b>WEDNESDAY</b>	08.00 - 19.00
<b>THURSDAY</b>	08.00 - 14.00 and 15.00 - 18.00 <i>(Pilates 14.00 - 15.00 and Boxercise 18.00 - 18.30)</i>
<b>FRIDAY</b>	08.00 - 13.00 and 16.00 - 19.00 <i>(WOW Slimmers Group 13.00 - 14.00)</i>
<b>SATURDAY</b>	09.00 - 12.00
<b>SUNDAY</b>	CLOSED

### **CLASS TIMETABLE** (Classes highlighted in red = Circuit closed for class)

DAY	CLASS	TIME	TRAINER
<b>MONDAY</b>	Steps	10:00 - 10:30	Carol / Heds
<b>TUESDAY</b>	Steps	10.00 - 10.30	Heds / Diana
	<b>Dance</b>	<b>12.00 - 12.45 (Subject to change)</b>	<b>Shirley B</b>
	<b>FitSteps</b>	<b>18.00 - 19.00</b>	<b>Michaela</b>
<b>WEDNESDAY</b>	Steps	10.00 - 10.30	Kim
	Steps	17.30 - 18.00	Carol / Heds
<b>THURSDAY</b>	Slow Movers (Elderly)	12.00 - 12.30	Carol / Debbie
	<b>Pilates</b>	<b>14.00 - 15.00</b>	<b>Kerry</b>
	<b>WOW Boxercise</b>	<b>18.00 - 18.30</b>	<b>Heds</b>
<b>FRIDAY</b>	Steps	10.00 - 10.00	Carol / Heds
	<b>Slimmers Group WOW</b>	<b>13.00 - 14.00</b>	<b>Shirley W</b>
<b>SATURDAY</b>	Steps	09.30 - 10.00	Debs