

# WOW

## HOURS & TIMETABLE

DAY	CIRCUIT OPENING TIMES
<b>MONDAY</b>	08.00 - 14.00 and 17.00 - 19.00
<b>TUESDAY</b>	08.00 - 12.00
<b>WEDNESDAY</b>	08.00 - 14.00 and 17.00 - 19.00
<b>THURSDAY</b>	08.00 - 14.00 and 17.00 - 18:45
<b>FRIDAY</b>	08.00 - 14.00 and 17.00 - 19.00
<b>SATURDAY</b>	09.00 - 12.00
<b>SUNDAY</b>	CLOSED

DAY	CLASS	TIME
<b>MONDAY</b>	Walking/Gentle Jog	9:00 - 10:00
	Steps	10.00 - 10.30
	Freestyle	17:30 - 19:00
<b>TUESDAY</b>	Steps	10.00 - 10.30
	Men's Session	17:00 - 17:30
	Rebound HIIT	17:45 - 18:15
	Pilates *	18:30 - 19:30
<b>WEDNESDAY</b>	Running/Interval Training	9:00 - 10:00
	Steps	10.00 - 10.30
	Yogalates *	14:00 - 15:00
	Steps	17.30 - 18.00
<b>THURSDAY</b>	Rebound HIIT	10:00 - 10:30
	Pilates *	14:00 - 15:00
	Men's Session	17:30 - 18:00
	WOW Boxercise	18.15 - 18.45
	Yogalates *	18:45 - 19:45
<b>FRIDAY</b>	Running	9:00 - 10:00
	Steps	10.00 - 10.30
	HIIT Session	18:30 - 19:00
<b>SATURDAY</b>	Steps	09.30 - 10.00
	Aerobics	10.00 - 10.30