

## **revive Health Club and Spa Class Timetable**

<b>Day</b>	<b>Time</b>	<b>Class/Event</b>	<b>Intensity</b>	<b>Instructor</b>
<b>Monday</b>	7pm-8pm	Pump	All Levels Welcome	James
<b>Tuesday</b>	9:15am – 10am 7pm-8pm 8pm-8:30pm	Aqua Aerobics Circuits Abs & Core	All Levels Welcome	Lorraine James James
<b>Wednesday</b>	6:30pm – 7:15pm	Aqua Aerobics	All Levels Welcome	Lorraine
<b>Thursday</b>	6pm-6:45pm 7pm – 8pm	LBT Boxercise	All Levels Welcome	James James
<b>Friday</b>	9:15am-10am 10.15am-11am	Aqua Aerobics LBT	All Levels Welcome	Lorraine James

As there is limited availability it is advised to pre-book the above activities at reception.

If you require further information about any of the above classes please speak to any of the *revive* team.