

# TIMETABLE

## Monday

9.30am Aqua Zumba - Hetton Pool

10.40am Zumba - Hetton Pool

## Tuesday

10.30am Zumba Gold - Raich Carter

## Wednesday

9.30am Legs, Bums, Tums - Houghton centre

11.00am Zumba Gold - Fulwell Day Centre

12.40pm Zumba Aqua - Hetton Pool

## Thursday

9.30am Spinning - Raich Carter Sports Centre

10.45 am Zumba Gold - Raich Carter Sports Centre

12.10 pm Aqua Zumba - Silkworth Tennis Centre

## Friday

9.15 Metafit\* - Fulwell Day Centre

10.30am Aqua Zumba - Hetton Community Pool

\*Classes have modified alternatives for the older active adult