

FITNESS CLASS TIMETABLE (INDOOR AND OUTDOOR)

AMMAN VALLEY LEISURE CENTRE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:30			BOOTCAMP				
09:30						LEGS, BUMS AND TUMS	BARBELL SCULPT
10:30						HIIT	
10:45							SPIN
11:15	AQUAFIT				AQUAFIT		
17:30	TABATA	SPIN	KETTLEBELLS	SPIN	YOGALATES		
17:45					BOXFIT		
18:15		BODY BLAST					
18:30			BARBELL SCULPT	BODY SCULPT			
18:45	SPIN				SPIN		
19:30		YOGALATES					
20:15			AQUAFIT				

-  Indoor class
-  Outdoor / marquee class
-  In the pool

BOOK ONLINE / APP
ACTIF.WALES