

START Well

CLASS TIMETABLE

	Monday	Tuesday	Wednesday	Thursday	Friday
Club Rhyl	Swim Fit Widths 8:00-9:00pm Swim Fit Lengths 9:00-10:00pm		Seated Circuits 10:00-11:00am		
Club Nova	Easy Circuits 1:00-2:00pm Aqua Aerobics 7:30-8:30pm	Gentle Circuits 12:00-12:45pm	Easy Circuits 11:15-12:15pm Aqua Aerobics 12:00-13:00pm Gentle Circuits 2:30-3:15pm		Gentle Circuits 9:00-9:45am
Club Denbigh	Gentle Circuits 1:00-2:00pm		Gentle Circuits 1:00-2:00pm		Aqua Aerobics 60* 8:15- 9:00am Gentle Circuits 9:15 - 10:15am
Club Ruthin			Beginner Yoga 6:00-7:00pm Aqua Aerobics 7:30-8:15pm Swim Fit Lengths 8:30-9:15pm		
Canolfan Hamdden Huw Jones Corwen		Aqua Aerobics 8:45-09:30am Aqua Aerobics 9:30-10:15am Gentle Circuits 1:30-2:15pm			