



**THE
LIDO
GYM**

CLASS SCHEDULE

MONDAY

0915 - 0945 | Cardio Fun | Karen (from 26/2/2024)

0955 - 1045 | Fitness Pilates | Karen (from 26/2/2024)

1200 - 1300 | Yoga | Sarah

1330 - 1415 | Low Intensity Interval Training (LIIT) | Sarah

1830 - 1930 | Five Week Total Body Conditioning Course | Silvia

TUESDAY

0930 - 1030 | Yoga | Marie

1100 - 1200 | Body Tone | Rachel

1200 - 1300 | Cardio Combat | Rachel

1900 - 1930 | Lower Back Pain Management | Guy

WEDNESDAY

1230 - 1330 | Stretch | Pip

THURSDAY

1330 - 1430 | Core Strength | Zuzana

FRIDAY

0930 - 1030 | Zumba | Olivia

1000 - 1100 | Legs, Bums & Tums | Tiffany