

JANUARY GYM CLASS

RPH
ROCHESTOWN PARK
HOTEL

TIMETABLE 2025

Monday

07:15-8:00

Spin Xtra

09:30-10:15

Aqua Aerobics

13:15-13:45

SWEAT

18:30-19:15

Total Body Fitness

Tuesday

07:15-8:00

Total Body Fitness

09:30-10:15

Spin & Weights

18:30-19:00

Express Spin

Wednesday

07:15-8:00

Spin & Core

09:30-10:15

Total Body Fitness

13:15-13:45

SWEAT

19:15-20:00

Aqua Aerobics

Thursday

07:15-8:00

Total Body Fitness

09:30-10:15

Spin & Core

Friday

07:15-8:00

Spin Xtra & Weights

13:10-13:45

Box Fit

18:30-19:00

Express Spin

Saturday

09:30-10:15

Spin Xtra

Sunday

09:30-10:15

Total Body Fitness