

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
630am	Cardio Blast	HIIT	Cardio Blast	HIIT	Cardio Blast	
745am		Platinum Circuit	Platinum Circuit	Platinum Circuit		
845am				Platinum Circuit		
900am	Pilates	ABT	Zumba Better Balance	Yoga	Toned & Strong	
915am	Pilates		Powerlift		Zumba	
1015am						Pilates
1030am	Platinum Circuit Powerlift		Platinum Circuit Pilates		Platinum Circuit	
600pm				Pilates		
605pm						
645pm	Konga			Konga		



**WARWICK**  
— S T A D I U M —



**DUNCRAIG**  
— RECREATION CENTRE —  
A SPORTING ASSET OF WARWICK STADIUM

**Duncraig Recreation Centre**

**Warwick Stadium**