

GROUP EXERCISE BOOKING WINDOW

AT KNOX LEISUREWORKS

FROM 07 OCT 2024

Monday Classes	When do bookings open ?
Aquacise 7am	Wednesday prior at 6am
Aquacise 8am	Wednesday prior at 7am
Aquacise 10am	Wednesday prior at 9am
Deep Water Running 6:30pm	Wednesday prior at 5:30pm
Tuesday Classes	When do bookings open ?
Gentle Aquacise 8am	Thursday prior at 7am
Aquacise 9am	Thursday prior at 8am
Aquacise 10am	Thursday prior at 9am
Wednesday Classes	When do bookings open ?
Aquacise 7am	Friday prior at 6am
Aquacise 8am	Friday prior at 7am
Aquacise 9am	Friday prior at 8am
Aquacise 10am	Friday prior at 9am
Aquacise 6:30pm	Friday prior at 5:30pm

Thursday Classes	When do bookings open ?
Gentle Aquacise 8am	Saturday prior at 7am
Friday Classes	When do bookings open ?
Aquacise 7am	Sunday prior at 8:30am
Aquacise 8am	Sunday prior at 8:30am
Aquacise 9am	Sunday prior at 9am
Aquacise 10am	Sunday prior at 9am
Gentle Aquacise at 11:15am	Sunday prior at 9am
Saturday Classes	When do bookings open ?
Aquacise 8am	Monday Prior at 7am
Aquacise 9am	Monday prior at 8am

GROUP EXERCISE & GYM FLOOR

7 Days Prior

REFORMER PILATES

3 Days 2 Hours Prior



Please remember to book your spots
for classes via the Active World App