



## ADULT CLASSES

DAY	TIMES	CLASS	INFO & CONTACT
MONDAY	12.30 - 13.30	FEMALE SWIM	<a href="http://www.themaqamcentre.com">www.themaqamcentre.com</a>
	13.30 - 14.15	AQUA HIT (FEMALE ONLY)	<a href="http://www.themaqamcentre.com">www.themaqamcentre.com</a>
	13.30 - 14.30	MAMMA METHOD (FEMALE ONLY)	<a href="http://www.mammamethod.com">www.mammamethod.com</a>
	19.00 - 20.00	PILATES CLASS	<a href="http://www.themaqamcentre.com">www.themaqamcentre.com</a>
	19.30 - 20.45	FEMALE SWIM	<a href="http://www.themaqamcentre.com">www.themaqamcentre.com</a>
TUESDAY	10.00 - 10.45	BRAZILIAN METHOD (FEMALE ONLY)	<a href="http://www.themaqamcentre.com">www.themaqamcentre.com</a>
	11.00 - 12.00	PILATES CLASS	<a href="http://www.themaqamcentre.com">www.themaqamcentre.com</a>
	12.15 - 13.15	FEMALE SWIM	<a href="http://www.themaqamcentre.com">www.themaqamcentre.com</a>
WEDNESDAY	11.00 - 12.00	MAMMA METHOD (FEMALE ONLY)	<a href="http://www.mammamethod.com">www.mammamethod.com</a>
	12.30 - 13.30	MALE SWIM	<a href="http://www.themaqamcentre.com">www.themaqamcentre.com</a>
	18.30 - 19.30	HATHA YOGA	<a href="http://www.themaqamcentre.com">www.themaqamcentre.com</a>
THURSDAY	09.00 - 10.30	FEMALE SWIM	<a href="http://www.themaqamcentre.com">www.themaqamcentre.com</a>
	10.00 - 10.45	BRAZILIAN METHOD (FEMALE ONLY)	<a href="http://www.themaqamcentre.com">www.themaqamcentre.com</a>
	10.30 - 11.15	AQUA HIT (FEMALE ONLY)	<a href="http://www.themaqamcentre.com">www.themaqamcentre.com</a>
	11.30 - 13.00	FEMALE SWIM	<a href="http://www.themaqamcentre.com">www.themaqamcentre.com</a>
	19.00 - 20.00	BOX AND BURN (FEMALE ONLY)	<a href="http://www.safarikickboxing.co.uk">www.safarikickboxing.co.uk</a>
FRIDAY	09.30 - 10.30	ENERGISE YOGA FLOW	<a href="http://www.themaqamcentre.com">www.themaqamcentre.com</a>
	10.45 - 11.45	PILATES CLASS	<a href="http://www.themaqamcentre.com">www.themaqamcentre.com</a>
	12.30 - 14.00	FEMALE SWIM	<a href="http://www.themaqamcentre.com">www.themaqamcentre.com</a>

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