



Cedar Court Health Club Wakefield Class Timetable

Tuesdays

Aqua Aerobics 19:00 – 19:45

Wednesdays

Zumba 19:00 – 20:00

Thursdays

Yoga 18:00 – 19:00

Aqua Aerobics 10:00 – 10:45

No classes available on bank holidays

**All classes must be pre-booked for more information call: 01924 270766
or ask in the club for details.**