



CLASS TIMETABLE



Monday

AquaFit – 10.15-11.00am
Powerhoop – 1.45-2.30
Spinning – 5.00-5.35pm
Spinning – 5.35-6.10pm
Freestyle Fitness Yoga – 6.15-7.15pm (£3)
Kettlebells – 7.15-8.00pm

Tuesday

Body Conditioning – 7.30-8.00am
Stretch & Flex – 10.00-10.30am
Teen Gym – 5.15-6.00pm
Kettlebells – 5.15-5.55pm
Freestyle Step (Inter/Adv) – 6.00-7.00pm
Powerhoop – 7.15-8.00

Wednesday

Gym Workout– 10.15-11.00am
Spin and Tone – 5.15-5.55pm
Pilates – (Inter/Adv) – 6.00-7.00pm (£3)

Thursday

Stretch & Tone – 7.30-8.15am
Yogalates – 1.45-2.30pm
Kids Fitness – 5.15-5.50pm
Teen Gym – 6.00-7.00pm
Blast !! – 6.00-7.00pm
Weekly Change Class – 7.15-8.00pm
AquaFit – 7.15 – 8.00pm

Friday

AquaFit – 10.15-11.00am
Spinning 5.15-5.55pm

Saturday

Kids Fitness 10.30-11.15am
Teen Gym – 10.30-11.30am

Sunday

Sunday Sweat – 11.00am-12.00pm
Teen Gym – 12.00-1.00pm
Pilates (Inter/Adv) – 12.15-1.15pm (£3)

(Classes can be booked a maximum of 7 days in advance.)

Tel: 01555 667245