

# Fitness Class Timetable



Day	Morning			Afternoon	Evening		
<b>Monday</b>	<b>*Pilates</b> 08:30 – 09:30	<b>Spinning®</b> 09:30 - 10:15		<b>Aqua</b> (Term time) 12:00 - 13:00	<b>Pump</b> 17:30 - 18:15	<b>Spinning®</b> 18:30 - 19:15	<b>*Pilates</b> 18:30 – 19:30 19:30 – 20:30
<b>Tuesday</b>	<b>TRX</b> 09:30 - 10.15	<b>HIIT</b> 10:20 - 10:50			<b>Kettlebells</b> 17:30 - 18:15	<b>Dance Fitness</b> 18:30-19:15	
<b>Wednesday</b>	<b>Spinning®</b> 09:30 - 10:15	<b>Legs Bums and Tums</b> 10:30 – 11:15	<b>Aqua</b> (Term time) 12:15 – 13:00		<b>Circuits &amp; HIIT</b> 17:30 - 19:00		
<b>Thursday</b>	<b>*Pilates</b> 08:30-09:30	<b>Spinning®</b> 09:30 – 10:15	<b>Kettlebells</b> 10:30-11:15		<b>Core Conditioning</b> 17:30 - 18:15	<b>Spinning®</b> 18:30 - 19:15	
<b>Friday</b>	<b>Spinning®</b> 09:30 - 10:15			<b>Junior Gym</b> (14 & 15 year olds) 15:30-16:30	<b>TRX</b> 17:30 - 18:15	<b>Spinning®</b> 18:30 - 19:15	
<b>Saturday</b>	<b>Spinning®</b> 09:30 - 10:15		* Please note this class is not included within class memberships as it is privately run. Some classes are for beginners or intermediates or run as courses so please contact the health club prior to attending for more details				

Pilates Monday Evening – Contact Sarah Graham 07984617632/sezziegraham@gmail.com – please text or email

Pilates Monday 08:30 Class Thursday 08:30 – Contact Alex Harris 07813178267