

Fitness Class Timetable



Day	Morning			Afternoon	Evening		
Monday	*Pilates 08:30 – 09:30	Spinning® 09:30 - 10:15		Aqua (Term time) 12:00 - 13:00	Pump 17:30 - 18:15	Spinning® 18:30 - 19:15	*Pilates 18:30 – 19:30 19:30 – 20:30
Tuesday	TRX 09:30 - 10.15	HIIT 10:20 - 10:50			Kettlebells 17:30 - 18:15	Dance Fitness 18:30-19:15	
Wednesday	Spinning® 09:30 - 10:15	Legs Bums and Tums 10:30 – 11:15	Aqua (Term time) 12:15 – 13:00		Circuits 17:30 - 18:15	HIIT 18:20-18:50	
Thursday	*Men’s Pilates 08:30-09:30	Spinning® 09:30-10:15	Kettlebells 10:30-11:15		TRX 17:30 - 18:15	Spinning® 18:30 - 19:15	
Friday	Spinning® 09:30 - 10:15			Junior Gym 14 & 15-year olds 15:30-17:00	TRX 17:30 - 18:15	Spinning® 18:30 - 19:15	
Saturday	Spinning® 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 Evenings – Contact Sarah Graham 07984617632/sezziegraham@gmail.com – please text or email
 Pilates Monday 08:30 Class and Men’s Pilates – Contact Alex Harris 07813178267