

# Fitness Class Timetable

<b>Mon</b> 7-20	<b>Spinning</b> 9:30 -10:15	<b>Core Conditioning</b> 10:30 -11:15			<b>TRX</b> 17:15-18:00	<b>Spinning</b> 18:15 -19:00	<b>MAX-IT*</b> 18:30 -19:30
<b>Tue</b> 7-20	<b>HIIT*</b> 7:00- 7:30	<b>Pilates /Mobility*</b> 8:00-9:00	<b>Spinning</b> 9:30 - 10:15	<b>TRX</b> 11:00-11:45	<b>MINDBODY DANCE*</b> 15:45-17:15	<b>Dance Fitness</b> 17:30-18:15	<b>HITT</b> 18:30-19:00
<b>Wed</b> 7-20	<b>Spinning</b> 9:30 - 10:15	<b>Pump</b> 10:30 - 11:15			<b>PumpKettle</b> 17:15-18:00	<b>Spinning</b> 18:15 -19:00	<b>EMOM*</b> 18:30-19:30
<b>Thu</b> 7-20	<b>Spinning</b> 9:30 - 10:15		<b>Kettlebells</b> 11:00 -11:45			<b>Core Conditioning</b> 17:15 – 18:00	<b>Spinning</b> 18:15 -19:00
<b>Fri</b> 7-20	<b>Spinning</b> 9:30 - 10:15	<b>Legs, Bums &amp; Tums</b> 10:30-11:15					<b>MAX-IT*</b> 18:30-19:30

Please call us on

01208864603 to book

\*Classes are taught by one of our external instructors:

**MINDBODYDANCE** – Lisa Stephens 07469780244

**MAX-IT, EMOM & Pilates/Mobility** – Gary Dick 07399658879