

Fitness Class Timetable

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|--------------------|---------------------------------------|---|------------------------------|-------------------------------------|---------------------------------------|---|--------------------------------|
| Mon 7-20 | Spin 9:30 -10:15 | Core Conditioning 10:30 -11:15 | | | Interval Xpress 17:15-18:00 | Spin 18:15 -19:00 | MAX-IT* 18:30 -19:30 |
| Tue 7-20 | Spin 9:30 - 10:15 | TRX 10:30-11:15 | | Aqua Aerobics 12:00-12:45 | MINDBODY DANCE* 15:45-17:15 | Dance Fitness 17:30-18:15 | HITT 18:30-19:00 |
| Wed 7-20 | Dynamic Pilates* 9:00-10:00 | Spin 9:30 - 10:15 | Pump 10:30 - 11:15 | | Circuits 17:15-18:00 | Spin 18:15 -19:00 | EMOM* 18:30-19:30 |
| Thu 7-20 | Spin 9:30 - 10:15 | Kettlebells 10:30 -11:15 | | | | Core Conditioning 17:15 – 18:00 | Spin 18:15 -19:00 |
| Fri 7-20 | Spin 9:30 - 10:15 | Legs, Bums & Tums 10:30-11:15 | | | | | MAX-IT* 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 – Gary Dick 07399658879

DYNAMIC PILATES – Tracey Ellis 07807700087