

Fitness Class Timetable

Monday	Spin 9.30am - 10.15am		Interval Xpress 5.15pm - 6pm	Spin 6.15pm - 7pm	MAX-IT 6.30pm - 7.30pm
Tuesday	Spin 9.30am - 10.15am	TRX 10.30am - 11.15am	MindBody Dance 3.45pm - 5.15pm	DanceFit 5.30pm - 6.15pm	H.I.I.T 6.30pm - 7pm
Wednesday	Dynamic Pilates* 9am - 10am	Spin 9.30am - 10.15am		Circuits 5.15pm - 6pm	EMOM 6.30pm - 7.30pm
Thursday	Wildcard (NEW) 9.30am - 10.15am	Aqua 12pm - 12.45pm		Core Conditioning 5.15pm - 6pm	Spin 6.15pm - 7pm
Friday	Spin 9.30am - 10.15am	Legs, bums & turns 10.30am - 11.15am			MAX-IT 6.30pm - 7.30pm

All classes require booking. You can book by calling us on 01208 864603. Please let us know if you wish to cancel your class.
In the event of a full class we can free your space up for someone on our reserve lists.

*Classes are taught by one of our external instructors, you can book directly with them on the contact details below.
MindBody Dance: Lisa Stephens - 07469780244 / MAX-IT & EMOM: Gary D - 07399658879 / Dynamain Pilates: Tracey Ellis - 07807700087