

Fitness Class Timetable

Monday	H.I.I.T (NEW) 7am - 7.30am	Spin & Abs 9.30am - 10.30am	Junior Gym 3.30pm - 5pm	Interval Xpress 5.15pm - 6pm	Spin 6.15pm - 7pm	MAX-IT* 6.30pm - 7.30pm
Tuesday	Spin 9.30am - 10.15am	TRX & KB's 10.30am - 11.15am	Junior Gym 3.30pm - 5pm	Brazilian JiuJitsu* 12.15pm - 2pm	DanceFit 5.30pm - 6.15pm	H.I.I.T 6.30pm - 7pm
Wednesday	Dynamic Pilates* 9am - 10am	Spin & Abs 9.30am - 10.30am	Junior Gym 3.30pm - 5pm	Circuits 5.15pm - 6pm	Spin 6.15pm - 7pm	EMOM* 6.30pm - 7.30pm
Thursday	Aqua 12pm - 12.45pm		Junior Gym 3.30pm - 5pm		Core Conditioning 5.15pm - 6pm	Brazilian JiuJitsu* 6.30pm - 8pm
Friday	Spin 9.30am - 10.15am	Legs, bums & tums 10.30am - 11.15am	Junior Gym 3.30pm - 5pm			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.

*Classes are taught by one of our external instructors, you can book directly with them on the contact details below.

MAX-IT & EMOM: Gary D - 07399658879 / Dynamic Pilates: Tracey Ellis - 07807700087 / Brazilian jiu-jitsu - 01208 862963 / 07446303011