

# Fitness Class Timetable

Monday	Spin 8.30am - 9.15am	Yoga 9.30am - 10.15am	Available to hire / train	Body Blitz 5.30pm - 6.15pm	Spin 6.30pm - 7.15pm
Tuesday	Spin 9.30am - 10.15am	TRX & KB's 10.30am - 11.15am	Brazilian JiuJitsu 12.15pm - 2pm	HIIT 5.30pm - 6.15	Yoga 6.30pm - 7.30pm
Wednesday	Spin 9.30am - 10.15am	Yoga 10.30am - 11.30am	Available to hire / train	Circuits 5.30pm - 6.15pm	Spin 6.30pm - 7.15pm
Thursday	Private Hire		Available to hire / train		Brazilian JiuJitsu 6.30pm - 8pm
Friday	Spin 9.30am - 10.15am	Yogalates 10.30am - 11.15am	Available to hire / train		



Included in class membership



External instructors, must be paid for separately, prices and contact details below

Brazilian JiuJitsu - Llyr Farragher 01208 862963 - £8 per session

Yoga/Yogalates - Megan O'Rourke - 07772151174 - £10 per session