

PAY AS YOU GO CLASSES ONLY £5!

CLASS TIMETABLE

DAY	TIME	CLASS	INSTRUCTOR	LEVEL
MONDAY	09.30-10.30	PILATES	LOUISE L	ALL LEVELS ●
	18.30-19.30	SPIN	HELEN	ALL LEVELS ●
	19.00-20.00	BOOT CAMP (OUTDOOR)	CHRIS	ADVANCED ●
TUESDAY	09.30-10.30	CIRCUIT TRAINING	NATALIE NEW	ALL LEVELS ●
	18.00-18.30	ABS, CORE & MORE	ELLIS	ALL LEVELS ●
	18.30-19.30	SPIN	ELLIS	ALL LEVELS ●
	18.30-19.30	BOXERCISE	SEAN	ALL LEVELS ●
	19.30-20.30	TABATA	SEAN	ADVANCED ●
WEDNESDAY	09.30-10.30	PILATES	LOUISE L	ALL LEVELS ●
	18.00-19.00	BUMS & TUMS	LOUISE L	ALL LEVELS ●
	18.15-19.15	PEDAL POWER	HELEN NEW	ALL LEVELS ●
	19.00-20.00	HIIT	ARRAN	ALL LEVELS ●
THURSDAY	18.30-19.30	CIRCUIT TRAINING	CHRIS	ADVANCED ●
	19.30-20.30	BODY BLAST	ELLIS	ALL LEVELS ●
FRIDAY	09.30-10.30	LEGS, BUMS & TUMS	NATALIE	ALL LEVELS ●
	09.30-10.30	SPIN	HELEN	ALL LEVELS ●
	17.30-18.30	TGI FRIDAY	GORDON NEW	ALL LEVELS ●
SATURDAY	10.00-11.00	WEEKEND WORKOUT	ELLIS NEW	ALL LEVELS ●
	11.00-11.45	POWER STRETCH	SEAN NEW	ALL LEVELS ●
SUNDAY	09.45-10.45	WEEKEND WORKOUT	SEAN	ALL LEVELS ●
	11.00-12.00	PILATES	LOUISE L	ALL LEVELS ●

CALL 01902 750355



**DANESCOURT ROAD, TETTENHALL
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