

CLASS TIMETABLE

● ALL LEVELS
● ADVANCED

MONDAY

	PILATES	9:30am-10:30am	LOUISE •
NEW	CIRCUITS	6:00pm-7:00pm	OLLIE •
	SPIN	6:15pm-7:15pm	HELEN •
	BOOTCAMP (OUTDOOR)	6:30pm-7:30pm	CHRIS •
NEW	BODY BLAST	7:15pm-8:15pm	OLLIE •

TUESDAY

	CIRCUITS	9:30am-10:30am	NAT •
NEW	BOXERCISE	6:15pm-7:15pm	TAYLOR •
	SPIN	6:15pm-7:00pm	CHRIS •
NEW	HIIT	7:15pm-8:00pm	ROB •

WEDNESDAY

	PILATES	9:30am-10:30am	LOUISE •
NEW	CIRCUITS	6:00pm-7:00pm	OLLIE •
	SPIN	6:15pm-7:15pm	HELEN •
NEW	BODY BLAST	7:15pm-8:15pm	ROB •

THURSDAY

NEW	SPIN	6:15pm-7:15pm	OLLIE •
	CIRCUITS	6:30pm-7:30pm	CHRIS •

FRIDAY

	SPIN	9:30am-10:30am	HELEN •
	LEGS BUMS & TUMS	9:30am-10:30am	NAT •
	TGIF	6:00pm-7:00pm	ROB •

SATURDAY

NEW	STRENGTH TRAINING	10:00am-11:00am	ROB •
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SUNDAY

NEW	YOGA	9:00AM-10:00AM	CLARKE •
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£ **6** per
person

(£5 with a class card)



CALL TO BOOK 01902 750 355