

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	ALL LEVELS ●
	18.00-18.30	ABS, CORE & MORE	CHRIS B	ALL LEVELS ●
	18.15-19.00	SPIN	CHRIS J	ALL LEVELS ●
	18.30-19.30	BOXERCISE	SEAN	ALL LEVELS ●
	19.30-20.30	HIIT NEW	SEAN	ADVANCED ●
WEDNESDAY	09.30-10.30	PILATES	LOUISE L	ALL LEVELS ●
	18.15-19.00	METAFIT NEW	LISA B	ALL LEVELS ●
	18.30-19.15	SPIN	CHRIS A	ALL LEVELS ●
	19.00-20.00	LEGS, BUMS & TUMS	LOUISE L	ALL LEVELS ●
THURSDAY	18.30-19.30	CIRCUIT TRAINING	CHRIS J	ADVANCED ●
	18.15-19.15	SPIN	HELEN	ALL LEVELS ●
	19.30-20.30	BODY BLAST	SEAN	ALL LEVELS ●
FRIDAY	09.30-10.30	LEGS, BUMS & TUMS	NATALIE	ALL LEVELS ●
	18.00-19.00	TGI FRIDAY	ROB / SEAN	ALL LEVELS ●
SATURDAY	10.00-11.00	BAND BOOTCAMP NEW	SEAN	ALL LEVELS ●
	10.15-11.00	SPIN	PAUL	ALL LEVELS ●
	11.00-11.45	POWER STRETCH	SEAN	ALL LEVELS ●
SUNDAY	10.00-11.00	WEEKEND WORKOUT	ROB	ALL LEVELS ●
	11.00-12.00	PILATES	LOUISE L	ALL LEVELS ●

CALL 01902 750355



**DANESCOURT ROAD, TETTENHALL
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