

Group Fitness Timetable

	Time	Class
Monday	10.00 - 11.00	Hips, Bums & Tums
	17.00 - 18.00	Family Step
	19.30 - 20.30	Body Pump
Tuesday	10.00 - 11.00	Body Pump
	18.00 - 19.00	Hips, Bums & Tums
	20.00 - 21.00	Zumba
Wednesday	10.00 - 11.00	Cardio Kick
	11.00 - 12.00	AquaFit (50+ Class/GP Referral)
	12.30 - 13.30	Seated Exercise
	18.00 - 19.00	Fat Burining Step 'n' Tone
	19.00 - 20.00	Pilates
	20.00 - 21.00 20.00 - 21.00	Yoga Deep Water AquaFit
Thursday	10.00 - 11.00	Hips, Bums & Tums
	11.30 - 12.30	Fall Prevention Programme
	18.00 - 19.00	Funky Aerobics
	19.00 - 20.00	Body Pump
	20.00 - 21.00	Balance & Stretch (Yoga)
Friday	10.00 - 11.00	Step Aerobics
Saturday	10.00 - 11.00	Tri Class
	11.00 - 12.00	Cardio Kick
	12.00 - 13.00	Trim & Tone
Sunday	10.00 - 11.00	Back to Basics
	11.00 - 12.30	Combat Fitness/Abs



Spin Fit Timetable

	Time	Class
Monday	09.15 - 10.00	Spin Fit
	18.30 - 19.15	Spin Fit
Tuesday	09.00 - 09.45	Spin Fit
	19.00 - 19.45	Spin Fit
	20.00 - 20.45	Spin Fit
Wednesday	09.15 - 10.00	Spin Fit (Non Bookable)
	19.00 - 19.45	Spin Fit
	20.00 - 20.45	Spin Fit
Thursday	09.15 - 10.00	Spin Fit (Beginners)
	18.15 - 19.00	Spin Fit
	19.00 - 19.45	Spin Fit
Friday	07.00 - 07.45	Spin Fit
	18.30 - 19.15	Spin Fit (Non Bookable)
Saturday	09.15 - 10.00	Spin Fit
	10.00 - 10.45	Family Spin Fit
Sunday	12.30 - 13.15	Spin Fit

Please arrive early classes are very busy.
You must obtain a valid ticket from Reception before entering the Spinfit Studio.
Any sessions booked and not attended you will be charged for.

