

# Group Fitness Timetable

| Day       | Time        | Class                    | Price |
|-----------|-------------|--------------------------|-------|
| Monday    | 09.30-10.15 | Body Ball                | £3.00 |
|           | 10.30-11.30 | Zumba                    | £4.00 |
|           | 18.15-19.00 | Cardio Legs, Bums & Tums | £5.50 |
|           | 19.00-19.45 | Cardio Combat            | £5.50 |
|           | 19.45-20.30 | Pilates                  | £5.50 |
| Tuesday   | 09.30-10.15 | Body Shock               | £3.00 |
|           | 17.15-18.00 | Zumba                    | £4.00 |
|           | 18.00-18.45 | Body Conditioning        | £5.50 |
|           | 18.45-19.30 | Circuit Training         | £5.50 |
|           | 19.30-20.00 | ABS Blast                | £5.50 |
|           | 20.00-21.00 | Yoga                     | £5.50 |
| Wednesday | 09.30-10.15 | Yoga                     | £5.50 |
|           | 17.15-18.15 | Pilates                  | £5.50 |
|           | 18.15-19.00 | Body Sculpt              | £5.50 |
|           | 19.00-20.00 | Intense Core Abs Blast   | £5.50 |
| Thursday  | 09.30-10.15 | Legs, Bums & Tums        | £3.00 |
|           | 17.15-18.00 | Circuit Training         | £5.50 |
|           | 18.00-18.45 | Body Conditioning        | £5.50 |
|           | 18.45-19.30 | Legs, Bums & Tums        | £5.50 |
|           | 19.30-20.30 | Yoga                     | £5.50 |
|           | 20.30-21.30 | Zumba                    | £4.00 |
| Friday    | 18.15-19.00 | Zumba                    | £4.00 |
|           | 19.00-19.45 | Zumba                    | £4.00 |
| Saturday  | 09.30-10.30 | Zumba                    | £4.00 |
| Sunday    | 10.00-10.45 | Legs, Bums & Tums        | £3.00 |
|           | 11.00-11.45 | Legs, Bums & Tums        | £3.00 |

