

Group Fitness Timetable

Monday	12.30 - 13.15	Studio Cycling	Studio	Craig
	17.30 - 18.15	Hips, Bums & Tums	Studio	Gill
	18.30 - 19.30	Pilates Conditional	Studio	Jamal
Tuesday	12.15 - 13.00	Circuits	Main Hall	Craig
	17.00 - 19.00	Badminton	Main Hall	HASSRA Club
	17.30 - 18.15	Studio Cycling	Studio	Margaret
	18.30 - 19.30	Beginning Pilates	Studio	Jamal
Wednesday	12.30 - 13.15	Studio Cycling	Studio	Craig
	17.30 - 18.30	Circuits	Main Hall	Craig
	17.30 - 18.15	Ashtanga Yoga	Studio	Sarah
	18.30 - 19.15	Studio Cycling	Studio	Margaret
Thursday	10.00 - 11.00	Active Life	Main Hall	David
	13.00 - 13.45	Pilates	Main Hall	Jamal
	17.30 - 18.15	Studio Cycling	Studio	Jamal
	18.30 - 19.15	Pilates	Studio	Jamal
Friday	08.00 - 08.45	Studio Cycling	Studio	Craig
	12.15 - 13.15	Yoga	Studio	Jack
Saturday	09.00 - 09.45	Studio Cycling	Studio	Margaret

* Bleep Test first week of every month, subject to dates available

Please pre-book all classes, for quicker easier access to classes.

Classes are subject to change or be cancelled at short notice.

To book call 0113 2324456

