

Group Fitness Timetable

Monday	Body Pump	06.45-07.45
	Pilates	10.00-11.00
	Circuits	19.00-20.00
	Fat burn	20.00-21.00
Tuesday	Express Indoor cycling	07.00-07.30
	Body Pump	10.00-11.00
	Abs Class	12.00-13.00
	Abs Class	18.00-18.40
	Spinning	19.00-19.45
	Body Pump	18.45-19.45
Body Combat	20.00-21.00	
Wednesday	Body Pump	07.00-07.45
	On the ball	13.00-14.00
	Spin and Stretch	18.00-18.45
	Step	19.00-20.00
	Kettle Bell	20.00-20.45 (members only)
Thursday	Early Bird Spin	07.00-07.45
	Body pump	10.00-11.00
	On the Ball	18.00-18.45
	Fat burn	18.00-19.00
	Pilates	19.00-19.45
	RPM/Spinning	19.00-19.45
Friday	Early Bird Spin	07.00-07.45
	Abs Class	17.30-18.00
	Body Conditioning	18.00-19.00
Saturday	Spinning	09.00-10.00
	Aerobics/Step	10.00-11.00
Sunday	Spinning	10.00-11.00
	Body Combat	11.00-12.00
	Body Pump	18.15-19.15

Terms and Conditions

All class bookings can only be made 6 days in advance as a maximum. Users may only book themselves in. No bookings taken before 07.00am

PLEASE NOTE

This programme is correct at the time of printing but may be subject to change.

