

Group Fitness Timetable

Children's:

Monday	17.00 - 18.00	Trampolining
	18.00 - 19.00	Trampolining
	19.00 - 20.00	Kickboxing
	17.00 - 17.40	Zumbatomic
Tuesday	18.15 - 20.00	Kuk Sool Won
	17.00 - 18.00	Expressions Pump
	16.40 - 17.20	Half-Price Activities
	17.20 - 18.00	Ballet Street Dance
Wednesday	19.00 - 21.00	Trampoline Club
Friday	17.00 - 18.00	Happy Hour
		Half-Price Activities
Saturday	10.00 - 12.00	Sway Dance Party Mania - Bookings Available
Sunday		Party Mania - Bookings Available

Adults:

Monday	19.00 - 20.00	Aerobics
	19.00 - 20.00	Kickboxing
	20.00 - 21.00	Breckland Badminton Club
Tuesday	18.15 - 20.00	Kuk Sool Won
	19.00 - 20.00	Spinning
Wednesday	19.30 - 20.30	Circuit Training
Thursday	18.00 - 19.00	Zumba Tone
	20.00 - 21.00	Back 2 Netball
Friday	20.00 - 22.00	Breckland Badminton Club

