

*BRING A FRIEND FRIDAY – LAST FRIDAY
EVERY MONTH

Class timetable: Start date: **Thursday 15th Nov**

Non-members: £9.50 per class

Time	Class	Levels	Instructor	Location
Monday				
8:00am – 8:45am	Spinning	All	PT	Studio
9:00am – 9:45am	FitSteps	All	Vikki	Studio
10:00am – 11:00am	Pilates	All	Sonia	Studio
11:30am – 12:30pm	Yoga	All	Tracy	Studio
1:00pm – 2:00pm	Pil-oga	Intermediate	Tracy	Studio
5:45pm – 6:15pm	Spin Express	All	PT	Studio
6:20pm – 7:20pm	Circuits	All	Terri	Studio
7:30pm – 8.30pm	Ultimate Dance Fitness	All	Mo	Studio
Tuesday				
7:00am – 7:30am	Spin Express	All	PT	Studio
9:30am – 10:15am	Legs, Bums & Tums Circuits	Beginners	PT	Studio
10:30am-11:30am	Beginners Yoga	Beginners	Michelle	Studio
5:45pm - 6:30pm	Barbell Blast	All	PT	Studio
6:45pm – 7.30pm	Boxercise	All	PT	Studio
7:30pm – 8:15pm	Clubbercise	All	Michelle	Studio
Wednesday				
9:00am – 9:30am	Boxercise Express	All	PT	Studio
9:40am – 10:25am	Zumba Gold	Beginners	Donna	Studio
12:45pm -1:45pm	Pilates	All	Tracy	Studio
5:30pm – 6:30pm	Tai Chi	All	Faith	Studio
6:30pm – 7:15pm	Zumba	All	Vicky	Studio
7:15pm - 8:00pm	Insanity	All	Vicky	Studio
8:10pm – 8:50pm	Spinning	All	PT	Studio
Thursday				
9:00am – 9:45am	Jess Iles Special	All	Jess	Studio
11:30am-12:30pm	Pilates	All	Tracy	Studio
5:45pm – 6:30pm	Kettlebells	All	PT	Studio
7:00pm - 8:00pm	Pilates	All	Tracy	Studio
Friday				
9:00am-9:30am	PT Special	All	PT	Studio
9.30am – 10.15am	Stretch and Relax	All	Michelle/ Jess	Studio
10.30am – 11.15am	Bounce DanceFit	All	Shell	Studio
5:30pm – 6:15pm	Boxercise	All	PT	Studio
6:15pm – 6:40pm	Abs Blast	All	PT	Studio
6:45pm - 7:45pm	Yoga	All	Bindoo	Studio
Saturday				
8:30am - 9:15am	Spin	All	PT	Studio
9:35am – 10:25am	Circuits	All	PT	Studio
Kid's Bug Bites Sunday – 10:30am – 11:30am Call Alison to book 07927407423				