



New Timetable

Commences week Beginning 3rd September 2018

Monday	Spin Circuits	9:30am
	Half 'N' Half	6:30pm
	Gym Based Boxing	7:00pm
	Insanity	8:00pm
	Yoga	8:00pm
Tuesday	Gym Based Circuits*	2:00pm
	Poundfit **	6:30pm
	Bodyblast	7:00pm
Wednesday	Spin/Abs	6:30pm
	Body Conditioning	7:00pm
	Begin to Spin	7:30pm
Thursday	Gentle Gym (Seated)*	10:30am
	Gentle Gym (Standing)*	11:00am
	Begin to Spin	2:00pm
	Pole Fitness **	6:30pm
	Variety Class	7:00pm
	Pole Fitness **	7:30pm
Friday	Spin/Abs	9:30am
	Weighted Circuits	10:40am
	Spinsanity	6:00pm
	Indoor Cycling	7:15pm
Saturday	20/20/20	8:30am
	Yoga	9:00am

For more information on the above classes or to book a space please call 01771 613962 (Main Reception) or 01771 613960 (Gym Office)

All Classes Must be booked in advance and cost £5.00

(* Off peak pricing)

(** Subject to different booking procedures)

