

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
06.45 07.15	Express	06.45 07.15	Spin	06.45 07.15	HIIT	06.45 07.15	Spin	06.45 07.15	Express	08.30 09.15	Body Blast	09.30 10.15	Weekend
08.30 09.15	LBT	07.30 08.00	Spin	09.30 10.15	GBC	07.30 08.00	Spin	08.30 09.15	Pilates	09.30 10.15	Yoga	11.15 12.00	Zumba
09.45 10.30	Pilates	09.30 10.15	Body Blast	11.00 11.30	Abs	09.30 10.15	Body Sculpt	09.45 10.30	Attack	11.05 11.45	Aqua		
11.00 11.30	HIIT	10.30 11.15	Yoga	12.35 13.15	Aqua	11.00 11.45	Pump Out	11.00 11.30	Abs	12.20 13.00	Aqua		
14.05 14.45	Aqua	12.30 13.00	HIIT	13.30 14.15	Stretch	17.00 17.30	Abs	13.00 13.45	Stretch				
17.00 17.30	Express	17.00 17.30	Express	17.00 17.30	Spin	18.00 18.30	HIIT	14.00 14.40	Aqua Zumba				
18.00 18.30	Spin	18.00 18.45	Tabata	18.00 18.30	Spin	19.00 19.45	Pilates	18.00 18.45	Boot Camp				
19.00 19.45	Boxercise	19.00 19.45	LBT	19.00 19.45	Zumba								

KEY

DANCE	HIGH INTENSITY	AQUA
MIND & BODY	STRENGTHEN & CARDIO	

Classes can be booked up to 6 days in advance. To secure your place, please call 01895 831113