

# Group exercise timetable

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
18:00 18:45	Spinning 45mins	18:00 18:45	Pump 45mins	18:00 18:45	Spinning 45mins	18:00 18:45	Fitness Pilates 45mins	18:00 18:45	Freestyle class 45mins	10:00 10:30	Ab Attack 30mins	10:00 10:45	Circuit training 45mins
19:00 20:00	Pilates 60mins	19:00 20:00	Zumba 60mins	19:00 20:30	Yoga 90mins	19:00 19:45	Spinning 45mins			11:00 11:30	Circuit training 30mins	11:00 11:30	Kettlebells 30mins
19:15 20:00	Step Conditioning 45mins	20:00 20:30	Ab Attack 30mins			20:00 20:45	Kettlebells 45mins						

All classes are included in the cost of the monthly membership and can be pre-booked up to a week in advance.

Zumba classes open to Non-Members £4 per class

**Call 01502 525350 to book.**