

# Freshfields Fitness Centre

## Class Timetable

### Monday

**08.00**  
**Circuit Training**  
Diyan 45mins

**12.15**  
**Legs, Bums & Tums**  
Jordan 45mins

**12.30**  
**Express Spin**  
Stuart 30mins

**13.00**  
**HIIT Strength**  
Jordan 45mins

**13.45**  
**Hatha Yoga (£)**  
Sarah B 45mins

**18.00**  
**Kick Fit**  
Louise 45mins

### Tuesday

**08.00**  
**Barbell Pump**  
Silvia 45mins

**12.15**  
**Body Blast**  
Sarah 45mins

**12.15**  
**HIIT**  
Stuart 30mins

**13.00**  
**Eliminator**  
Diyan 30mins

**13.00**  
**HIIT the Dance floor**  
Leigh 45mins

**13.50**  
**Pilates (£)**  
Maria 45mins

**18.00**  
**Yoga Flow (£)**  
Bea 45mins

### Wednesday

**08.00**  
**HIIT & Ab's**  
Jordan 45mins

**12.15**  
**Kettlebells**  
Jordan 45mins

**12.30**  
**Spin**  
Sarah 45mins

**13.00**  
**Boxercise**  
Stuart 45mins

**17.45**  
**X-Fit**  
Diyan 45mins

**18.00**  
**Pilates (£)**  
Maria 60mins

### Studio 1

### Thursday

**08.00**  
**Spin**  
Silvia 45mins

**12.30**  
**Blitz & Tone**  
Jordan 45mins

**12.30**  
**Express Spin**  
Diyan 30mins

**13.00**  
**Express Ab's**  
Diyan 15mins

**13.45**  
**Dynamic Yoga (£)**  
Adele 45mins

### Studio 2

### Friday

**08.00**  
**Morning Bootcamp**  
Silvia 45mins

**12.15**  
**Tabata**  
Stuart 30mins

**12.30**  
**Spin**  
Jason 45mins

**13.00**  
**Step**  
Leigh 45mins

To book classes please contact [gym2@freshfields.com](mailto:gym2@freshfields.com), or call 3851