

Class timetable.

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
06.30 07.00	HIIT Strength	06.30 07.30	Wake Up Workout	07.00 07.30	HIIT Cycle	06.30 07.30	Wake Up Workout	07.00 07.30	HIIT Cycle	09.00 09.45	HIIT Cycle	10.00 11.00	Circuits
07.00 07.30	HIIT Cycle	10.20 11.05	Aqua	10.45 11.45	Tai Chi	10.20 11.05	Aqua	10.30 11.05	Zumba	10.00 10.55	Pilates		
10.30 11.15	Fit Function	11.30 12.30	Pilates	12.30 13.00	HIIT Cycle	10.30 11.15	Latin Dance	12.30 13.00	HIIT Mix	11.00 11.55	Pilates		
11.30 13.00	Yoga	12.30 13.00	HIIT Mix (Squash Court 1)	17.30 18.00	HIIT Strength	11.30 12.30	Pilates	17.30 18.00	FIT Recover	15.00 17.00	Badminton and Squash		
17.30 18.00	HIIT Strength	17.30 18.00	HIIT Cardio	18.05 18.55	Pilates	12.30 13.00	HIIT Strength (Squash Court)	18.05 18.55	HIIT Cycle				
18.05 18.55	Cardio Latino	18.05 18.35	HIIT Strength	19.05 19.50	HIIT Cycle	17.45 18.30	Circuits						
19.05 19.50	Kettlebells	18.40 19.00	FIT Recover	20.00 21.00	Bootcamp	18.30 21.45	Squash Club						
19.05 19.50	HIIT Cycle	19.05 19.55	Boxfit			18.45 19.45	Yoga						
						20.05 21.45	Badminton						

Aerobic fitness and calorie burning

Muscular conditioning and toning

Extend, relax and re-energise

Water based

Additional member's activities

Booking is advised for spinning classes and kettlebell classes, all others simply come along!

Book by calling 01908 358383