

Class timetable.



Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
06.30 07.00	HIIT Strength	06.30 07.00	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	07.00 07.30	Wake Up Strength	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	10.20 11.05	Aqua	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	11.30 12.30	Pilates	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	12.30 13.00	HIIT Mix (Squash Court 1)	18.05 18.55	Pilates	12.30 13.00	HIIT Strength (Squash Court)	18.05 18.50	HIIT Cycle				
18.05 18.55	Cardio Latino	17.30 18.00	HIIT Cardio	19.05 19.50	HIIT Cycle	17.55 18.35	Circuits						
19.05 19.50	Kettlebells	18.05 18.35	HIIT Strength	20.00 21.00	Bootcamp	18.30 21.45	Squash Club						
19.05 19.50	HIIT Cycle	18.40 19.00	FIT Recover			18.45 19.45	Yoga						
		19.05 19.55	Boxfit			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
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Booking is advised for spinning classes and kettlebell classes, all others simply come along!

Book by calling 01908 358383