

Fitness Class Spring Programme



Monday		
Time	Class Name	Cost
6.45am - 7.30am	Circuits	£4
10am - 10.45am	Body Combat	£4
6pm - 6.45 pm	Pilates	£4
7pm - 7.45pm	Aqua Aerobics	£4
7pm - 7.45pm	Studio Cycling	£4
8pm - 8.45pm	Dance Fitness	£4

Tuesday		
6.45am - 7.30am	Yoga	£4
10am - 10.45am	Pilates	£4
6pm - 6.45pm	Circuits	£4
6.30pm - 7.30pm	Yoga	£4

Wednesday		
6.45am - 7.30am	Circuits	£4
10am - 10.45am	Body Tone	£4
6pm - 6.45pm	Studio Cycling	£4
7pm - 7.45pm	Pilates	£4

Thursday		
9.30am - 11am	Yoga	£5
12.30pm - 1.15pm	Studio Cycling	£4
6pm - 6.45pm	Circuits	£4
6.30pm - 7.15pm	Pilates	£4
7.30pm - 9pm	MIND Yoga	£5

Friday		
6.45am - 7.30am	Circuits	£4
10am - 10.45am	Body Tone	£4
6pm - 7pm	Yoga	£4

Saturday		
9.15am - 10.15am	Yoga	£4
9.15am - 10am	Core Conditioning	£4

Sunday		
9.15am - 10am	Indoor Cycling	£4
10am - 11am	Yoga	£4
11.15am - 12.15pm	Yoga	£4

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