

# Fitness Classes

TIME	CLASS NAME	COST	LOCATION
<b>Monday</b>			
3.30pm ~ 5.30pm	Teen Gym (12-15 yrs)	£2	Gym
6pm ~ 6.45pm	Studio Cycling	£4	Activity Room
7pm ~ 7.45pm	Kettlecore	£4	Studio
7pm ~ 7.45pm	Box-FIT	£4	Main Hall
<b>Tuesday</b>			
11am ~ 1pm	Indoor Bowls	£1	Main Hall
3.30pm ~ 5.30pm	Teen Gym (12-15 yrs)	£2	Gym
6pm ~ 6.45pm	BodySHOCK	£4	Main Hall
6pm ~ 6.45pm	Pilates	£4	Main Hall
7pm ~ 7.45pm	Studio Cycling	£4	Activity Room
7pm ~ 7.45pm	mFIT	£4	Studio
7pm ~ 7.45pm	Yoga	£4	Studio
8pm ~ 8.45pm	Pilates	£4	Studio
<b>Wednesday</b>			
10.15am ~ 11am	Yoga	£4	Studio
11.15am ~ 12noon	Pilates	£4	Studio
12.30pm ~ 1.15pm	Studio Cycling	£4	Activity Hall
3.30pm ~ 5.30pm	Teen Gym (12-15 yrs)	£2	Gym
5pm ~ 5.30pm	Teen Studio Cycling (12-15 yrs)	£2	Activity Hall
6pm ~ 6.30pm	HIIT 30	£4	Main Hall
6.30pm ~ 7.15pm	Beginners Studio Cycling	£4	Activity Hall
7pm ~ 7.45pm	KettleCore	£4	Studio
7.15pm ~ 8.15pm	Junior Karate	£3	Main Hall
8.15pm ~ 9.45pm	Senior Karate	£4	Main Hall
<b>Thursday</b>			
3.30pm ~ 5.30pm	Teen Gym (12-15 yrs)	£2	Gym
6pm ~ 6.45pm	BodySHOCK	£4	Main Hall
6pm ~ 6.45pm	Studio Cycling	£4	Activity Room
7pm ~ 7.45pm	mFIT	£4	Main Hall
<b>Friday</b>			
4pm ~ 4.45pm	Kids Athletics (5-7years)	£20 10 weeks from 10th Jan 2025	Main Hall
4.45pm ~ 5.45pm	Kids Athletics (8-14years)		Main Hall
6.30pm ~ 7.15pm	Restorative Yoga	£4	Studio
<b>Saturday</b>			
10am ~ 10.45am	Studio Cycling	£4	Activity Hall
11am ~ 11.45am	mFIT	£4	Main Hall