

Fitness Class

Winter Programme



Time	Class Name	Cost
Monday		
6.45am ~ 7.30am	Circuits	£4.00
10am ~ 10.45am	Body Combat	£4.00
6pm ~ 6.45 pm	Pilates	£4.00
7pm ~ 7.45pm	Studio Cycling	£4.00
7pm ~ 8pm	Aqua Aerobics	£4.00
8pm ~ 8.45pm	Dance Fitness	£4.00
Tuesday		
6.45 ~ 7.30am	Yoga	£4.00
10am ~ 10.45am	Body Tone	£4.00
10am ~ 10.45am	Pilates	£4.00
6pm ~ 6.45pm	Circuits	£4.00
6.30pm ~ 7.30pm	Yoga	£4.00
Wednesday		
6.45am ~ 7.30am	Circuits	£4.00
6pm ~ 6.45pm	Studio Cycling	£4.00
7pm ~ 7.45pm	Pilates	£4.00
7pm ~ 8pm	Aqua Aerobics	£4.00
Thursday		
9.30am ~ 11am	Yoga	£5.00
12.30pm ~ 1.15pm	Studio Cycling	£4.00
6pm ~ 6.45pm	Circuits	£4.00
6.30pm ~ 7.15pm	Pilates	£4.00
7.30pm ~ 9pm	MIND Yoga	£5.00
Friday		
6.45am ~ 7.30am	Circuits	£4.00
10am ~ 10.45am	Body Tone	£4.00
6pm ~ 7pm	Yoga	£4.00
Saturday		
9.15am ~ 10.15am	Yoga	£4.00
9.15am ~ 10am	Core Conditioning	£4.00
Sunday		
9.15am ~ 10am	Studio Cycling	£4.00
10am ~ 11am	Yoga	£4.00
11.15am ~ 12.15pm	Yoga	£4.00

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