

Fitness Class

Spring Programme



Monday		
Time	Class Name	Cost
6.30am - 7.15am	Studio Cycling	£4
10am - 10.45am	Circuits	£4
10am - 10.45am	Yoga	£4
6pm - 6.45pm	Studio Cycling	£4
7pm - 8pm	Swimfit	£4
7.45pm - 8.30pm	Pilates	£4
8pm - 8.45pm	Aqua Aerobics	£4
Tuesday		
6.45am - 7.30am	Yoga	£4
6.45am - 7.30am	Circuits	£4
10am - 10.45am	Breath Work	£4
1pm - 1.45pm	Studio Cycling	£4
6pm - 6.45pm	Studio Cycling	£4
7pm - 7.45pm	Core Conditioning	£4
Wednesday		
6.30am - 7.15am	Studio Cycling	£4
10am - 10.45am	Circuits	£4
1pm - 1.45pm	Studio Cycling	£4
6pm - 7pm	Power 60	£4
6.15pm - 7pm	Dance Fitness	£4
7pm - 7.45pm	Pilates	£4
Thursday		
6.45am - 7.30am	Circuits	£4
10am - 10.45am	Aqua Aerobics	£4
10am - 10.45am	Studio Cycling	£4
5.45pm - 6.30pm	Yoga	£4
7pm - 7.45pm	Circuits	£4
7.30pm - 8.15pm	Dance Fitness	£4
Friday		
6.30am - 7.15am	Studio Cycling	£4
9.30am - 10.15pm	Beginners Studio Cycling	£4
6pm - 6.45pm	Total Body workout	£4
Saturday		
10am - 10.45am	Studio Cycling	£4
Sunday		
10am - 10.45am	Studio Cycling	£4
10am - 10.45am	Pilates	£4