

Fitness Class

Winter Programme



Time	Class Name	Cost
Monday		
6.30am - 7.15am	Studio Cycling	£4.00
10am - 10.45am	Circuits	£4.00
10am - 10.45am	Yoga	£4.00
6pm - 6.45pm	Studio Cycling	£4.00
7pm - 8pm	Swimfit	£4.00
7.45pm - 8.30pm	Pilates	£4.00
8pm - 8.45pm	Aqua Aerobics	£4.00
Tuesday		
6.45am - 7.30am	Yoga	£4.00
6.45am - 7.30am	Circuits	£4.00
10am - 10.45am	Breath Work	£4.00
1pm - 1.45pm	Studio Cycling	£4.00
6pm - 6.45pm	Studio Cycling	£4.00
7pm - 7.45pm	Core Conditioning	£4.00
Wednesday		
6.30am - 7.15am	Studio Cycling	£4.00
10am - 10.45am	Circuits	£4.00
1pm - 1.45pm	Studio Cycling	£4.00
6pm - 7pm	Power 60	£4.00
6.15pm - 7pm	Dance Fitness	£4.00
Thursday		
6.45am - 7.30am	Circuits	£4.00
10am - 10.45am	Aquarobics	£4.00
10am - 10.45am	Studio Cycling	£4.00
5.45pm - 6.30pm	Yoga	£4.00
7pm - 7.45pm	Circuits	£4.00
7.30pm - 8.15pm	Dance Fitness	£4.00
Friday		
6.30am - 7.15am	Studio Cycling	£4.00
9.30am - 10.15am	Beginners Studio Cycling	£4.00
6pm - 6.45pm	Total Body Workout	£4.00
Saturday		
10am - 10.45am	Studio Cycling	£4.00
Sunday		
10am - 10.45am	Studio Cycling	£4.00