

# Fitness Classes

## January 2025



Time	Class Name	Cost	Room
<b>Monday</b>			
10am	Yoga	£4.00	Activity Room
10am	Circuits	£4.00	Studio
6pm	Circuits	£4.00	Studio
8pm	Badminton	£4.00	Main Hall
<b>Tuesday</b>			
10am	Boxercise	£4.00	Studio
12.15pm	Breathwork	£4.00	Activity Room
6pm	Studio Cycling	£4.00	Studio
6pm	Pilates	£4.00	Activity Room
7pm	Upper Body Workout	£4.00	Studio
<b>Wednesday</b>			
10am	Circuits	£4.00	Studio
10am	Pilates	£4.00	Activity Room
12.30pm	Yoga	£4.00	Activity Room
6pm	Kids' Disco	£4.00	Activity Room
6pm	Legs & Glutes	£4.00	Studio
8pm	Badminton	£4.00	Main Hall
<b>Thursday</b>			
10am	Studio Cycling	£4.00	Studio
6pm	Studio cycling	£4.00	Studio
7pm	Yoga	£4.00	Activity Room
7pm	Core Strength	£4.00	Studio
<b>Friday</b>			
10am	Legs & Glutes	£4.00	Studio
10am	Yoga	£4.00	Activity Room
6pm	Studio Cycling	£4.00	Studio
<b>Saturday</b>			
10am	Studio Cycling	£4.00	Studio
10am - 11.30am	Yoga	£4.00	Studio
11.15am	Full Body Workout	£5.00	Activity Room
<b>Sunday</b>			
11am - 12.30pm	Pilates	£5.00	Studio