

Group Exercise Timetable

23 July – 2 September 2018

Monday

0800-0900 Aqua Fit
1815-1915 Back Care (Course)
1815-1915 Advanced Spin
1915-1945 Beginners Spin
1930-2000 Metafit

Tuesday

1800-1845 Open Spin
1800-1900 Pilates
1900-1945 Bootcamp
1930-2030 Masters/Adult Improvers

Wednesday

0715-0745 Metafit
0800-0900 Aqua-Fit
0915-1000 Aqua therapy
0930-1015 Gentle Circuits
1930-2015 Legs, Bums & Tums

Thursday

0900-1000 Pilates (Course)
1715-1800 Beginners Pilates
1805-1850 Pilates
1815-1900 Open Spin
1900-2000 Aqua-Fit
1900-1945 Boxfit

Friday

0700-0730 Open Spin
0915-1015 Pilates
1850-1950 Adult Dance

Saturday

0830-0930 Aqua-Fit

Booking is essential for all classes. To book or for
further information - Please contact us on
01437-776690

Version 1



Key
Cardio
Strength & Conditioning
Dance
Mind & Body
Cycle