

Group Exercise Timetable

Nov 4th – Dec 22nd 2019

Monday

0800-0900 **Aqua Fit**
 1815-1915 **Back Care (Course)**
 1800-1900 **Advanced Spin**
 1915-1945 **Beginners Spin**
 1930-2000 **Metafit**

Tuesday

1730-1815 **Open Spin**
 1800-1900 **Pilates**
 1830-1930 ***NEW*Ladies Strength&Conditioning**
 1930-2030 **Masters/Adult Improvers**

Wednesday

0715-0745 **Metafit**
 0800-0900 **Aqua-Fit**
 0930-1015 **Gentle Circuits**
 0945-1030 **Aqua therapy**
 1700-1745 **Flex & Tone**
 1800-1900 ***NEW*Circuits**
 1900-1945 **Legs, Bums & Tums**

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

01437-776690



Download and book in with our APP



Thursday

0915-1015 **Pilates (course)**
 1715-1800 ***NEW*Kick Fitness**
 1715-1800 **Beginners Pilates**
 1805-1850 **Pilates**
 1825-1855 **Hiit Spin**
 1900-1930 **Beginners Spin**
 1900-2000 **Aqua-Fit**
 2000-2100 **Masters/Adult Improvers**

Friday

0915-1015 **Pilates**
 1030-1115 **Gentle Circuits**
 1850-1950 **Adult Dance**

Saturday

0830-0930 **Aqua-Fit**

Key
Cardio
Strength & Conditioning
Dance
Mind & Body
Cycle