



CLASS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BODYSULPT 9.45-10.30	SPIN 9.15-10.00 (starts 4th May)	STRETCH & SCULPT 9.30-10.30	SPIN 09.00-10.15 (starts 6th May)	BODYSULPT 09.30-10.15	AQUA 09.00-09.45	LATINO 09.00-10.00
YOGALATES 11.00 - 11.45	AQUA 10.15-11.00	PILATES 11.00-12.00	LATINO 09.15-10.15	STRETCH & SCULPT 10.45-11.30	SPIN 09.15-10.00 (starts 8th May)	YOGA 10.15-11.30
DANCE CLASS 1.00-1.45	FITBALL 10.45-11.30		AQUA 10.15-11.00	TAI CHI 12.00-13.00	WEIGHT CIRCUIT 10.00-10.45	
PILATES 18.15-19.15	PILATES 11.45-12.45	YOGA 18.30-19.45	PILATES 10.30-11.15			
SPIN 18.15-19.00 (starts 10th May)	YOGA & CORE 18.15-19.15		PUMP & PILATES 18.15-19.15			
			SPIN 18.15-19.00 (starts 6th May)			

Please book by calling us on 01534 639393 or visiting reception upto 7 days in advance