



CLASS TIMETA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
BODYSCULPT 9.45-10.30	SPIN 9.15-10.00	STRETCH & SCULPT 9.45-10.45	SPIN 09.00-09.45
YOGALATES 10.45 - 11.30	AQUA 10.15-11.00	PILATES 11.00-12.00	LATINO 09.15-10.15
DANCE CLASS 1.00-2.00	FITBALL 10.45-11.30		AQUA 10.15-11.00
PUMP & PILATES 18.15-19.15	PILATES 11.45-12.45	YOGA 18.15-19.15	PILATES 10.30-11.15
SPIN 18.15-19.00	YOGA & CORE 18.15-19.15		PUMP & PILATES 18.15-19.15
			SPIN 18.15-19.00

Please book by calling us on 01534 639393 or visiting rece

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FRIDAY	SATURDAY	SUNDAY
BODYSCULPT 09.30-10.15	AQUA 09.00-09.45	LATINO 09.00-10.00
STRETCH & SCULPT 10.30-11.15	SPIN 09.15-10.00	YOGA 10.15-11.30
TAI CHI 11.30-12.30	WEIGHT CIRCUIT 10.00-10.45	

ption upto 7 days in advance

