

Fitness Class Timetable Sep 11

MONDAY

BodyPump (crèche available)	10.00-11.00am
Spin Cycling	6.30-7.30pm
Bums, Legs & Tums	7.00-8.00pm
Men's Circuit Training	8.00-9.00pm

TUESDAY

Aero-Tone (crèche)	10.00-11.00am
Spin (Term Time only)	10.00-10.45am
Body Balance (Term Time only)	1.00-2.00pm
BodyPump	6.00-7.00pm
Body Combat	7.15-8.15pm

WEDNESDAY

Body Combat (Crèche)	10.00-11.00am
Spin (Term Time only)	1.00-1.45pm
Zumba for Kids (4-7yrs)	4.30 – 5.10pm
(8-13)	5.15 – 5.55pm
Spin (Spin Wae Lynn)	6.45-7.45pm
Bums, Legs & Tums	7.00-8.00pm
Body Balance	8.00-9.00pm

THURSDAY

ZUMBA	9.30 – 10.30am
Body Balance (crèche)	10.00-11.00am
BodyPump (Creche)	1.00-2.00pm
BodyPump	6.00-7.00pm
Body Balance	7.00-8.00pm
Body Combat	7.15-8.15pm

FRIDAY

Easy Start Aerobics (Creche)	10.00-11.00am
Body Combat (Term Time only)	10.00-11.00am
Spin Cycling	6.30-7.30pm
Body Combat	7.00pm-8.00pm

SATURDAY

Body Pump	10.00-11.00am
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SUNDAY

Spin Cycling	10.00-11.00am
Body Balance	11.30-12.30