

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:15-10:00 Spinning	8:30-9:15 Aquafit	8:15-9:00 Spinning	08:30-9:15 Aquafit	8:15-9:00 Spinning	9:15-10:00 Strength & sculpt	8:30-9:15 Spinning
10:15-11:00 LBT	09:45-10:30 Aquafit	9:15-10:00 Zumba Step	09:45-10:30 Aquafit	9:15-10:00 Spinning	10:15-11:15 Boxfit	
11:15-12:15 Pilates	11:00-12:00 Pilates	10:15-11:15 Hatha Yoga	9:15-10:00 Strength & Sculpt	10:15-11:15 Fitness Pilates		
		11:30-12:30 Pilates	10:15- 10:45 Core Conditioning	11:45-12:45 Chair Based Exercise		
18:00-18:50 Blockfit		12:45-13:45 Functional Pilates	11:00-12:00 Vinyasa Yoga			
18:00-19:00 Boxfit			18:00-19:00 Boxfit			
19:00- 19:50 Zumba	18:00-18:45 Strength & Sculpt	18:00-18:45 Spinning	18:00-18:50 Body Sculpt	18:00-18:55 Circuit Training		
20:00-20:45 Spinning	19:00-19:45 LBT	19:00-20:00 Circuit training	19:00-19:50 Yogalates	19:00 - 20:00 Hatha Yoga		

Starts 5th September 2022 - Book via the fitsense app or call 01692 404966