



! NEW CLASS TIMETABLE !

Embark on a journey towards a fitter and healthier you

	Monday	Tuesday	Wednesday	Thursday	Friday
9.30	Cardio & Core	Circuits	Trainer's Choice	Pump & abs	Body sculpt
10.30	Stretch		Fit over 50s		Stretch
11.00		Aqua		Aqua	
6.30	Circuits	Spin	Body sculpt	Spin & Pump *	
7.30	Aqua				

Minimum of 5 people per gym class and 10 per pool classes

Any class with a * beside it is one hour long