2018 Class Timetable

*Please book in advance for evening spin classes, kettlebells and Saturday 10am Pilates (01908 358383), all other classes just come along!

MONDAY	Insanity 6.30-7.00	Spin 7.00-7.30		Tai Chi 10.30-11.45			Yoga 12.00 & 12.30-1.30		Body Tone 5.30- 6.00	Latin Dance 6.05-6.55	*Spin 7.05-7.50 *Kettlebells 7.05-7.50		
TUESDAY	Wake Up Workout 6.30-7.30 / Body Tone 7.00-7.30			Water Workout 10.30-11.15		Pilates 11.30-12.30	Interval Training 12.30-1.00 (Squash ct)		Cardio Blast 5.30-6.00	Body Tone 6.05- 6.55	Boxfit Circuits 7.05-7.55	Members Football 8.05-9.45	
WEDNESDAY		Spin 7.00-7.30		40+ Fitness 10.30-11.15			Spin 12.30-1.00		Body Tone 5.30- 6.00	Pilates 6.05-6.55	*Spin 7.05-7.50	Bootcamp 8.00-9.00	
THURSDAY	Wake Up Workout 6.30-7.30			Water Workout 10.30-11.15 Latin Dance 10.30-11.15		Pilates 11.30-12.30	Body Tone 12.30-1.00 (Squash court)		Circuit Training 5.30- 6.20	Yoga 6.30-8.00		Members Badminton 8.05-9.45	
FRIDAY		Spin 7.00-7.30		Zumba 10.30-11.15			Interval Training 12.30-1.00		Stretch & Core 5.30-6.00	Spin 6.05-6.55			
SATURDAY			Spin 9.00-9.45	*Pilates 10.00-10.55	Pilates 11.00-11.55			Members Badminton 3.00-5.00					
SUNDAY				Circuits 10.00-11.00									