

Fitness Classes

Something for everyone!



Winter Timetable

January February March
Valid from 7th Jan 2019

Day	Time	Duration	Class		Level	Instructor
Mon	10:00	1 Hour	Body Conditioning	All over toning class	ALL	Karen T
	16:30	45 Min	Full Body HIIT	Functional HIIT training - start the week right!	2-3	James
	18:30	1 Hour	Pilates	Deep abs and posture	ALL	Darren
	19:30	1 Hour	Legs, Bums & Tums	Ever popular toning class	ALL	Karen T
Tue	10:00	1 Hour	Legs, Bums & Tums	Ever popular toning class	ALL	Karen G
	18:00	1 Hour	Pilates	Deep abs and posture	ALL	Karen G
	19:00	1 Hour	Pump It Up	Weights work, great music, shape changer	ALL	Karen T
Wed	10:00	1 Hour	Yoga	Relax, stretch and tone	ALL	Lizzy
	16:30	45 Min	The Beast	The Beast throws everything at you	2-3	Harry
	18:00	1 Hour	Bootcamp Burn	The ultimate shake-up to your workout	ALL	Harry
	19:00	1 Hour	Aerobatone	Old school aerobics with toning floor work	ALL	Kim
Thu	10:00	1 Hour	Zumba	So much fun it doesn't feel like a workout	ALL	Kim
	18:00	45 Min	Kettlebell	Blast the fat with one piece of kit	ALL	James
	18:45	30 Min	Fab Abs	Nowt but the core!	ALL	James
Fri	10:00	1 Hour	Pilates	Great for backs, tummy and posture	ALL	Karen G
	16:30	45 Min	Raise The Bar	Barbell weights workout	ALL	Karen G
	17:30	1 Hour	Dance Fit	Train to some TUNES	ALL	Mark
Sat	9:00	1 Hour	Boxercise	Train and hit like a pro	ALL	Kelly-Anne
	10:00	1 Hour	Zumba	Zumba!	ALL	Kim
Sun	10:00	1 Hour	Yoga	Relax, stretch and tone	ALL	Mado

Timetable changes at a glance: ● Brand new class ■ Change of day/time
Class difficulty levels: LEVEL 1 = EASY LEVEL 2 = FAIRLY HARD LEVEL 3 = HARD

We make it easy to pay by cash and

