



Class Timetable

From week commencing 6th April

MON	TUE	WED	THUR	FRI	SAT	SUN
06:20 SPIN 45 Mins	06:20 F-Strong 30 Mins	06:20 Studio Pump 45 Mins	06:20 F-Conditional 30 Mins	06:20 SPIN 45 Mins	10:00 F-Conditional 30 Mins	
07:15 Studio Pump 45 Mins	07:00 F-Conditional 30 Mins	07:15 Total Body 45 Mins	07:00 F-Strong 30 Mins	07:15 Legs, Bums & Tums 45 Mins		
09:30 F-Conditional 30 Mins		11:00 Active Life 45 Mins	09:10 Pilates 45 Mins	09:30 Yin Yoga 45 Mins	09:30 F-Strong 30 Mins	
12:15 Aqua Fit 45 Mins	18:00 Legs, Bums And Tums 45 Mins	09:00 Aqua Fit 45 Mins	11:00 Active Life 45 Mins	12:15 Aqua Fit 45 Mins		
18:00 Vinyasa Yoga 60 Mins	19:00 Step Aerobics 45 Mins	12:15 Aqua Fit 45 Mins	18:00 Pilates 45 Mins	18:00 Studio Pump 45 Mins		
18:00 Spin 45 Mins	20:00 YIN Yoga 45 Mins	18:00 Studio Pump 45 Mins	19:00 Pilates 45 Mins			
19:00 Studio Pump 45 Mins		19:00 Zumba 45 Mins	19:15 F-Strong 30 Mins			
			20:00 F-Conditional 30 Mins			



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Membership
Plans from £26.99