

3RD JAN TO 31ST MAR 2019



FITNESS CLASS

TIMETABLE

DAY	TIME	FITNESS CLASS	LOCATION	COST
MONDAY	7.15AM - 08.00AM	FUNCTIONAL FITNESS	STUDIO 2	£4.80
	10.00AM - 11.00AM	30/30	STUDIO 1/2	£4.80
	12.30PM - 1.00PM	LEGS, BUMS & TUMS	STUDIO 2	£4.80
	5.15PM - 6.00PM	INDOOR CYCLING GROUP	STUDIO 1	£4.80
	6.15PM - 7.00PM	KETTLEBELLS	STUDIO 2	£4.80
TUESDAY	7.15AM - 8.00AM	CIRCUIT CONDITIONING	STUDIO 2	£4.80
	9.30AM - 10.00AM	LEGS, BUMS & TUMS	STUDIO 2	£4.80
	10.15AM - 10.45AM	STRETCH & FLEX	STUDIO 2	£4.80
	12.30PM - 1.00PM	KETTLEBELL BLAST	STUDIO 2	£4.80
	5.15PM - 5.45PM	BARFIT BLAST <small>NEW</small>	STD 2/MAIN HALL	£4.80
	5.15PM - 6.00PM	INDOOR GROUP CYCLING	STUDIO 1	£4.80
	6.15PM - 7.00PM	CORE STABILITY	STUDIO 2	£4.80
WEDNESDAY	6.50AM - 7.20AM	INDOOR GROUP CYCLING	STUDIO 1	£4.80
	7.30AM - 8.00AM	INDOOR GROUP CYCLING	STUDIO 1	£4.80
	10.00AM - 11.00AM	HERE COME THE GIRLS	STUDIO 2	£4.80
	12.15AM - 1.00PM	FUNCTIONAL FITNESS	STUDIO 2	£4.80
	5.30PM - 6.00PM	FBX	STUDIO 2	£4.80
	6.15PM - 7.00PM	KETTLEBELLS	STUDIO 2	£4.80
	7.15PM - 8.00PM	INDOOR GROUP CYCLING	STUDIO 1	£4.80
THURSDAY	7.15AM - 8.00AM	CIRCUIT CONDITIONING	STUDIO 2	£4.80
	10.00AM - 10.30AM	BARFIT BLAST <small>NEW</small>	STUDIO 2	£4.80
	11.15AM - 12.15PM	SUPER 60'S	STUDIO 2	£3.30
	12.30PM - 1.00PM	INDOOR GROUP CYCLING	STUDIO 1	£4.80
	5.15PM - 6.00PM	INDOOR GROUP CYCLING	STUDIO 1	£4.80
	5.15PM - 6.00PM	HATTON BOXING	STUDIO 2	£4.80
	6.15PM - 6.45PM	STRETCH & FLEX	MAIN HALL	£4.80
	6.15PM - 6.45PM	CORE BLAST	STUDIO 2	£4.80
FRIDAY	6.50AM - 7.20AM	INDOOR GROUP CYCLING	STUDIO 1	£4.80
	7.15AM - 8.00AM	FUNCTIONAL FITNESS	STUDIO 2	£4.80
	7.30AM - 8.00AM	INDOOR GROUP CYCLING	STUDIO 1	£4.80
	9.00AM - 9.30AM	LEGS, BUMS & TUMS	STUDIO 2	£4.80
	10.00AM - 11.00AM	30/30	STUDIO 2	£4.80
	12.30PM - 1.00PM	FBX	STUDIO 2	£4.80
	5.30PM - 6.15PM	JUMPFIT	STUDIO 2	£4.80
	SATURDAY	9.00AM - 10.00AM	30/30	STUDIO 1/2

BOOKING INFORMATION Please contact reception on **01369 800 500** to book a class or to enquire about membership. All classes must be booked and paid for in advance of attending the class.

FITNESS SUITE HOURS: SEE OUR [WEBSITE](#) FOR OPENING HOURS



01369 800 500

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