

COMMENCING 1ST JANUARY 2018



SPRING 2018 GROUP EXERCISE CLASS TIMETABLE

	18:30 - 19:30	19:00 - 20:00	19:30 - 20:45	19:30 - 20:30	19:30 - 21:00	20:00 - 20:45	20:00 - 21:00
MONDAY		DANCE PHYSIQUE ••			YOGA £* ••		SPINNING •
TUESDAY	PILATES £* ••	ZUMBA •		PILATES £* ••			
WEDNESDAY			YOGA £* ••			SPINNING •	CIRCUITS ••
THURSDAY		DANCE-TONE AEROBICS ••	YOGA £* ••				
	09:15 - 10:00	09:45 - 10:45	11:00 - 11:45	11:00 - 12:00	11:00 - 12:00		
SATURDAY	SPINNING •	PILATES £* ••	STEP AEROBICS ••			PILATES £* ••	
SUNDAY	SPINNING •				ZUMBA •		

CLASS PRICE LIST:
 FREE FITNESS / PLATINUM MEMBERS
 £7 NON-MEMBERS

ADVANCE BOOKINGS
 7 DAYS FITNESS / PLATINUM MEMBERS
 2 DAYS NON-MEMBERS

EXERCISE TYPE KEY:
 • CARDIOVASCULAR
 • CONDITIONING
 • HOLISTIC £* COURSE FEE APPLIES

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