

COMMENCING 1ST MAY 2017



SUMMER 2017 GROUP EXERCISE CLASS TIMETABLE

	18:30 - 19:30	19:00 - 20:00	19:00 - 20:15	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	PILATES £* ••	DANCE-TONE AEROBICS ••					
	09:15 - 10:00	09:45 - 10:45	10:30 - 11:30	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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