



## Class Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10.00 AM	<b>Movin' Mummies! (1hr)</b>	<b>Circuits (45mins)</b>	<b>Spin (45mins)</b>	<b>HIIT &amp; ABS (45mins)</b>	<b>Metafit (30 mins)</b>		
11.00 AM						<b>HIIT Circuits (45mins)</b>	
6.15 PM	<b>BodyPump (45mins)</b>	<b>Kettlecise (45mins)</b>	<b>BodyPump (45mins)</b> <b>MMA Padwork (1hour 15mins)</b>	<b>Total Endurance (45mins)</b>			
6.30 PM	<b>Circuits (45mins)</b>						
7.00 PM	<b>Zumba (45mins)</b>	<b>Street Beatz (1hr)</b>	<b>Zumba (45mins)</b>	<b>Metafit (30mins)</b>			
7.15 PM	<b>Spin (45mins)</b>		<b>Spin (45mins)</b>		<b>HIIT (45mins)</b>		
7.30 PM				<b>Pilates (45mins)</b>			
8.00 PM		<b>Disco Spin Night (45mins)</b>					
<b>Ladies Only Classes- Carried out in the studio or spin room</b>							
<b>MMA Padwork Class - Carried out in the MMA Area</b>							
<b>Not Included in Membership - Exclusive Offer to our Members, only £5 per class. Please pay Instructor upon arrival</b>							