

FITNESS CLASS TIMETABLE

DAY	CLASS	START TIME	DURATION	PRICE*	
				MEMBER	NON MEMBER
MONDAY	LADIES FITNESS	09:30	60mins	£3	£5
	SPINNING	18:30	45mins	£4.50	£6
	THUMP BOXERCISE	20:00	60mins	£4.50	£6
TUESDAY	FITBALL <small>(core stability)</small>	18:30	45mins	£3	£5
	CIRCUITS	19:30	60mins	£3	£5
WEDNESDAY	SPINNING	07:15	45mins	£4.50	£6
	ABS BLAST	09:30	30mins	£3	£5
THURSDAY	THUMP BOXERCISE	18.00	60mins	£4.50	£6
	BEGINNERS SPINNING	19:15	45mins	£4.50	£6
	SPINNING	20:00	45mins	£4.50	£6
FRIDAY	NO CLASSES TODAY				
SATURDAY	BEGINNERS SPINNING	09:00	45mins	£4.50	£6
	FITBALL <small>(advanced core stability)</small>	10:00	45mins	£3	£5
	CIRCUITS	11:00	60mins	£3	£5
SUNDAY	NO CLASSES TODAY				

*Price includes use of changing facilities (lockers, showers etc)

