

FITNESS CLASSES



More classes than ever before to get you moving!

Open to everyone - choose your level and work at your own pace

Booking essential - members can reserve their place online, non-members can book by contacting reception

Monday	06:45	Virtual Spin	30 mins	
Monday	18:30	Pump	45 mins	
Monday	19:30	Circuits	45 mins	
Tuesday	18:30	Pump & Spin	45 mins	
Tuesday	19:30	Dance Fitness	1 hour	
Wednesday	06:45	Virtual Spin	30 mins	
Wednesday	18:30	Spin	45 mins	
Wednesday	19:30	Core & More	45 mins	
Thursday	18:30	Pump	45 mins	
Thursday	19:30	HIIT	30 mins	
Friday	06:45	Virtual Spin	30 mins	
Friday	18:30	Spin	45 mins	
Sunday	09:30	Spin	45 mins	

Free to all gym members

Affordable membership options from £24.99 per month
£6 per class for non-members

www.uffculmesportandfitness.com

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