

FITNESS CLASSES

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	18:00	Pump & Spin	45 mins
Monday	19:00	Core & More	45 mins
Tuesday	18:00	Pump	45 mins
Tuesday	19:00	Spin	45 mins
Wednesday	18:00	HIIT	30 mins
Wednesday	19:00	Pump & Spin	45 mins
Thursday	18:00	Core & More	45 mins
Thursday	19:00	Pump	45 mins
Friday	06:45	Spin Express	30 mins
Friday	18:00	Spin	45 mins
Saturday	09:30	Dance Fitness (term time only)	45 mins
Sunday	09:30	Spin	45 mins