

# 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	18:00	Pump	45 mins
Monday	19:00	Spin	45 mins
Tuesday	18:00	Core & More	45 mins
Tuesday	19:00	Pump & Spin	45 mins
Wednesday	06:45	Spin Express	30 mins
Wednesday	18:00	Cardio Circuits	45 mins
Wednesday	19:00	Pump	45 mins
Thursday	18:00	Pump & Spin	45 mins
Thursday	19:00	Body Weight & Core Circuits	45 mins
Friday	18:00	Spin	45 mins
Sunday	09:30	Spin	45 mins