FITNESS CLASSES

uffculme sport & fitness centre

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
Tuesday	06:45	Spin Express	30 mins
Tuesday	18:00	Core & More	45 mins
Wednesday	18:00	Spinning	45 mins
Thursday	18:00	Pump & Spin	45 mins
Friday	06:45	Boot Camp	30 mins
Friday	18:00	Spinning	45 mins
Sunday	09:30	Spinning	45 mins
Weekdays	19:00	Studio Hour	60 mins

Free to all gym members
Affordable membership options from £24.99 per month
£6 per class for non-members

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