



# Class Timetable

## Monday 7th November - Sunday 20th December

Day	Time	Class	Price
Monday	07.10-07.40	Tabata	£6.00
Monday	09.30-10.30	Pilates	£10.00
Monday	17.30-18.30	Les Mills Body Balance	£8.50
Monday	18.30-19.00	Les Mills GRIT Strength	£6.00
Tuesday	10.15-11.15	Pilates	£10.00
Tuesday	10.45-11.45	Walk for Fitness	Free
Tuesday	19.30-20.30	Fitness Yoga	£10.00
Wednesday	18.15-19.00	Broadway Fit	£8.50
Wednesday	19.45-20.45	Pilates	£10.00
Thursday	18.45-19.45	Les Mills Body Balance	£8.50
Friday	10.30-11.15	Hip-Hop Fit	£8.50
Friday	12.15-13.15	Tai Chi	£8.50
Saturday	09.30-10.15	Bodyweight Blitz	£8.50
Sunday	10.00-11.00	Les Mills Body Balance	£8.50

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All classes are run within social distancing regulations and all equipment used is to be cleaned down after use. We thank you for your understanding.

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