



# Class Timetable

## Tuesday 5th January to Sunday 14th February 2021

Day	Time	Class	Full Price/Leisure Card Holder
Monday	07.10-07.40	Tabata	£6.00 / £5.00
Monday	09.30-10.30	Pilates	£10.00 / £9.00
Monday	17.45-18.45	Les Mills Body Balance	£8.50 / £7.50
Monday	18.30-19.00	Les Mills GRIT Strength	£6.00 / £5.00
Monday	19.15-19.45	Les Mills GRIT Athletic	£6.00 / £5.00
Tuesday	10.15-11.15	Pilates	£10.00 / £9.00
Tuesday	11.45-12.30	Aquafit – (starts 2 <sup>nd</sup> Feb)	£6.50 / £5.50
Tuesday	19.00-19.45	Indoor Cycling (starts 12 <sup>th</sup> Jan)	£7.50 / £6.50
Tuesday	19.30-20.30	Fitness Yoga	£10.00 / £9.00
Wednesday	12.15-13.00	Chair Fitness (starts 13 <sup>th</sup> Jan)	£5.00 / £4.00
Wednesday	18.15-19.00	Broadway Fit	£8.50 / £7.50
Wednesday	19.45-20.45	Pilates	£10.00 / £9.00
Thursday	12.30-13.15	Pump & Tone	£8.50 / £7.50
Thursday	18.30-19.15	Clubbercise (starts 14 <sup>th</sup> Jan)	£8.50 / £7.50
Thursday	19.30-20.30	Les Mills Body Attack	£8.50 / £7.50
Thursday	19.45-20.45	Les Mills Body Balance (starts 14 <sup>th</sup> Jan)	£8.50 / £7.50
Friday	10.30-11.15	Hip-Hop Fit	£8.50 / £7.50
Friday	12.15-13.15	Tai Chi	£8.50 / £7.50
Saturday	09.30-10.15	Bodyweight Blitz	£8.50 / £7.50
Sunday	09.15-09.45	Les Mills GRIT Cardio (starts 17 <sup>th</sup> Jan)	£6.00 / £5.00
Sunday	10.00-11.00	Les Mills Body Balance	£8.50 / £7.50

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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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