

Class Timetable

DAY	CLASS	TIME	PRICE
MONDAY	Zumba Tone	9:15 – 10:00	£5.00
	Legs, Bums and Tums	10:00 – 11:00	£5.00
	Beginners to Intermediate Pilates	16:30 – 17:15	£5.00
	Point, Stretch and Flex	17:15 – 18:00	£5.00
	Salsa Fit	18:00 – 18:45	£5.00
TUESDAY	Zumba Fitness	9:15 – 10:00	£5.00
	Circuit Training	10:00 – 10:45	£5.00
	Intermediate Pilates	17:00 – 18:00	£5.00
	Aqua Aerobics	18:00 – 18:45	£5.00
WEDNESDAY	Circuit Training	9:15 – 10:00	£5.00
	Aqua Fit	10:00 – 10:45	£5.00
	Meditation	11:00-11:30	£5.00
	Beginners Pilates	12:00 – 12:45	£5.00
	Hatha Yoga	13:00 – 14:00	£5.00
	Hatha Yoga	18:00 – 19:00	£5.00
THURSDAY	Zumba Fitness	9:15 – 10:00	£5.00
	Advanced Pilates	10:00 – 11:00	£5.00
	Aqua Aerobics	11:00 – 11:45	£5.00
	Point, Stretch and Flex	13:00 - 13:45	£5.00
	Salsa Fit	17:30 - 18:15	£5.00
	Tummy Tone	18:15 – 19:00	£5.00
FRIDAY	Point, Stretch and Flex	9.15 – 10:00	£5.00
	Salsa Fit	10:00 – 10:45	£5.00
	Tummy Tone	13:00– 13:45	£5.00
SUNDAY	Fun Aqua Aerobics	10:15 – 11.00	£5.00

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