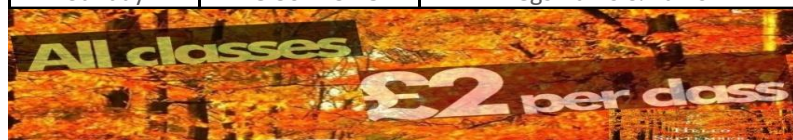


Day	Time	Type	Duration	Location	Instructor
Monday	09:30 - 10:00	SPRINT™	30	2	Sam
Monday	09:45 - 10:30	Dance FIT Cardio	45	1	Meg
Monday	10:00 - 11:00	BODYPUMP™	60	3	Sam
Monday	17:30 - 18:00	SPRINT™	30	2	Kim
Monday	17:45 - 18:30	BODYCOMBAT™	45	3	Lisa
Monday	18:00 - 18:45	BODYATTACK™	45	1	Kim
Monday	18:50 - 19:45	BODYPUMP™	55	3	Sam
Monday	19:00 - 19:30	GRIT™ Plyo	30	1	Darren
Tuesday	06:30 - 07:15	BODYPUMP™	45	3	Kim
Tuesday	06:30 - 07:15	Indoor Cycling	45	2	Vicky
Tuesday	09:30 - 10:15	Full Body Circuits	45	3	Sam
Tuesday	10:15 - 10:45	GRIT™ Strength	30	3	Darren
Tuesday	17:30 - 18:00	SPRINT™	30	2	Sam
Tuesday	17:45 - 18:30	Zumba™	45	1	Emilia
Tuesday	18:30 - 19:00	Abs Blast	30	1	Sam
Tuesday	18:30 - 19:00	SPRINT™	30	2	Vicky
Tuesday	19:00 - 19:30	GRIT™ Cardio	30	1	Darren
Tuesday	19:30 - 20:15	BOXFIT	45	3	Darren
Wednesday	06:30 - 07:15	Indoor Cycling	45	2	Vicky
Wednesday	09:30 - 10:00	BODYATTACK™ Express	30	3	Kim
Wednesday	10:00 - 10:30	BODYPUMP™ Express	30	3	Kim
Wednesday	17:30 - 18:00	SPRINT™	30	3	Sam
Wednesday	17:45 - 18:30	BODYCOMBAT™	45	3	Lisa
Wednesday	18:00 - 18:30	GRIT™ Plyo	30	1	Darren
Wednesday	18:30 - 19:15	Indoor Cycling	45	2	Vicky
Wednesday	18:30 - 19:15	BODYPUMP™	45	3	Lisa
Wednesday	19:15 - 20:15	BODYBALANCE™	60	1	Kate
Wednesday	19:30 - 20:00	GRIT™ Strength	30	3	Darren
Thursday	06:30 - 07:00	Legs Bums & Tums	30	3	Kim
Thursday	07:00 - 07:30	SPRINT™	30	2	Kim
Thursday	09:00 - 10:00	BODYBALANCE™	60	1	Kate
Thursday	09:30 - 10:00	SPRINT™	30	2	Kim
Thursday	10:00 - 10:45	BODYPUMP™	45	3	Kim
Thursday	17:30 - 18:15	Zumba™	45	1	Emilia
Thursday	18:15 - 19:00	Legs Bums & Tums	45	1	Sam
Thursday	18:30 - 19:00	SPRINT™	30	2	Vicky
Thursday	19:00 - 19:30	Kettlebells	30	1	Vicky
Thursday	19:30 - 20:15	BOXFIT	45	3	Darren
Friday	06:30 - 07:15	Indoor Cycling	45	2	Vicky
Friday	09:00 - 09:45	BODYBALANCE™	45	1	Kate
Friday	09:50 - 10:40	Legs Bums & Tums	45	1	Sam
Friday	17:30 - 18:00	GRIT™ Strength	30	3	Darren
Friday	17:30 - 18:00	SPRINT™	30	2	Sam
Friday	18:00 - 18:30	BODYATTACK™ Express	30	3	Kim
Friday	18:00 - 18:45	Dance FIT Cardio	45	1	Meg
Friday	18:30 - 19:00	BODYPUMP™ Express	30	3	Kim
Saturday	09:30 - 10:00	SPRINT™	30	2	Sam
Saturday	10:00 - 10:45	BODYPUMP™	45	3	Sam
Saturday	10:00 - 10:45	Bootcamp	45	Outside	Darren
Sunday	9:30 - 10:00	TRX & Swiss Balls	30	3	Sandra
Sunday	10:00 - 10:45	Freeweights Circuit	45	Freeweights	Sandra
Sunday	18:30 - 19:15	Legs Bums & Tums	45	1	Darren



Throughout September and October you can bring a friend along to try any class on our NEW Timetable for only £2.  
Tel 0800 0432044

