



Studio Class Timetable

Monday:

9.30am Body Pump—Gracie
10.30am LBT—Gracie
6.00pm Pilates—Della
7.00pm Body Combat—Kimberly
7.00pm Spinning - Della
8.00pm Body Pump—Della

Wednesday:

9.30am Body Combat—Hollie
10.30am GRIT Strength—Hollie
*4.00pm Kids Fitness & Fun 6—12—Hollie *
6.15pm Spinning—Marise
6.15pm Body Attack—Kimberly
7.00pm Clubbercise—Dean
7.45pm GRIT Strength—Hollie

Friday:

9.30am Freestyle Step—Gracie
9.30am Spinning – Marise
10.15am CX Worx—Gracie
10.45am Bounce Fitness—Gracie
7.00pm Body Pump – Hannah

Sunday:

9.30am Body Pump—Hollie
10.30am Body Combat—Hollie
10.30am RPM —Dan

Tuesday:

9.30am Body Attack—Hannah
10.30am Bounce—Gracie
10.30am Spinning—Marise
11.15am Pilates—Paul
6.30pm Body Step—Kimberly
7.00pm MetaFit (**MAIN GYM**) - Jake
7.15pm Core—Faye
7.30pm RPM—Dan
7.45pm Body Jam—Jade

Thursday:

9.30am GRIT Cardio—Hollie
10.00am Body Pump—Hollie
11.30am Hatha Yoga—Jade
5.00pm Street & Disco Dance 6-18 yrs
6.00pm MetaFit—Dan
6.30pm Jump—Dan
7.00pm Sh'Bam—Laura-Ann
7.00pm Spinning—Ian
8.00pm Boxercise—Ian

Saturday:

8.45am Jump / Abs—Dan
9.30am MetaFit—Dan
10.15am Body Attack (45) - Darren
11.00am CX Worx—Darren
1.30pm Kids Ballet 5—7 —Kerry*

Notes:

Members have priority in all classes.
Non members welcome; £6 per class.

* additional fees apply*

