

January 2012 Timetable

Monday	
7.30 - 8.15am	Morning Workout Club
5.45 - 6.15pm	Spin Blast
6.30 - 7.15pm	Swiss Ball
Tuesday	
1.30 - 3.00pm	Yoga with Ann*
6.15 - 7.15pm	Bootcamp
7.30 - 8.30pm	Zumba*
Wednesday	
7.30 - 8.15am	Morning Workout Club
6.15 - 7.00pm	Spin
7.00 - 8.00pm	Rowers Circuits
Thursday	
6.15 - 7.15pm	Spin & Abs
7.30 - 8.30pm	Zumba*
Friday	
7.30 - 8.15am	Morning Workout Club
6.00 - 7.00pm	Circuits
Saturday	
10.00 - 10.45am	Swiss Ball
Sunday	
3.00 - 4.00pm	30/30



ALL CLASSES ARE BOOKABLE

MINIMUM OF 3 PARTICIPANTS FOR CLASS TO RUN

NON MEMBERS FEE £5

* THESE CLASSES COST £5 FOR BOTH MEMBERS & NON MEMBERS