

## Ask us about our other products & services:

Personal Training

Gym Challenge

Birthday Parties

Corporate & Charity Events

### Venue Hire including:

- Sports Hall
- 3G Astroturf
- Fitness Studio
- Gymnasium
- Racket Sports

# Class Timetable

## Autumn 2016

For booking and enquiries call:

**01923 771368**

Opening Times:

<b>Monday</b>	<b>17:00 – 22:00</b>
<b>Tuesday</b>	<b>17:00 – 22:00</b>
<b>Wednesday</b>	<b>17:00 – 22:00</b>
<b>Thursday</b>	<b>17:00 – 22:00</b>
<b>Friday</b>	<b>17:00 – 21:00</b>
<b>Saturday</b>	<b>09:00 – 17:00</b>
<b>Sunday</b>	<b>09:00 – 17:00</b>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Spin</b> 6.00 – 7.00pm	<b>Yoga</b> 6.00 – 7.00pm	<b>Fast Abs</b> 5:30 – 6.00pm	<b>Pilates</b> 5.30 - 6.30pm	<b>Fast Gym Class</b> 6.00 – 6:20pm	<b>Boot Camp</b> 11.00 –12pm	<b>Legs, Bums &amp; Tums</b> 11:15am - 12.00pm
<b>Body Pump</b> 7.00 –7:45pm	<b>Intense Spin</b> 6.20 – 7.00pm	<b>Boxercise</b> 6.00 – 7.00pm	<b>Spin</b> 6.00 –7:00pm	<b>Key:</b> <div style="background-color: #d9ead3; padding: 5px; text-align: center;">Low intensity</div> <div style="background-color: #fcf8e3; padding: 5px; text-align: center;">Medium Intensity</div> <div style="background-color: #f2dede; padding: 5px; text-align: center;">High Intensity</div>		
<b>Flexi Class</b> <i>Stretch &amp; flexibility</i> 7:45 – 8:15pm	<b>Beginners Spin</b> 7.00 –7:45pm	<b>Fat Burner</b> 7.00 –7:45pm	<b>Zumba</b> 6.30 – 7:30pm			
	<b>HIT Training</b> 7:45 – 8:30pm		<b>Circuit Training</b> 7:00 – 8:00pm			

NB: We aim for all of our classes to be inclusive, regardless of experience or ability. For further information on any of our fitness classes please speak to a member of staff.

### Bookings:

Bookings will be taken from 5pm, 5 days in advance, either in person at reception, or by telephone on: 01923 771368

### Non-Attendance

Please give reasonable notice if you are unable to attend any classes you have booked. Reserves will then be notified to take your place