

# CLASS TIMETABLE

	ACTIVITY	TIME	GYM	SPORTS HALL
MONDAY	Spin	07.00am – 7.45am	£2	
	Spin	16.15pm – 17.00pm	£2	
	STAFF ONLY CIRUITS	17.15pm – 18.15pm		£4
	Zumba	19.00pm – 20.00pm		£4
TUESDAY	Spin	16.15pm – 17.00pm	£2	
	Energy H.I.T	18.00pm – 19.00pm		£4
	Spin	19.30pm – 20.15pm	£2	
	Zumba	19.00pm – 20.00pm		£4
WEDNESDAY	STAFF ONLY ZUMBA	17.15pm – 18.15pm		£4
THURSDAY	Spin	07.00am – 7.45am	£2	
	Spin	16.15pm – 17.00pm	£2	
	Urban Boot Camp	18.00pm – 19.00pm		£4
	LBT	19.00pm – 20.00pm		£4
FRIDAY				
	Spin	16.15pm – 17.00pm	£2	
	Boxercise Circuit	18.00pm – 19.00pm		£4
SATURDAY				
	Zumba	09.00am – 10.00am		£4
	Spin	10.00am – 11.00am	£2	
SUNDAY				
	Spin	10.00am – 11.00am	£2	
	Urban Boot Camp	11.00am – 12.00pm		£4