

Winter Timetable.
Week Commencing 7th December 2020

Monday	09.15	Fatburn Extreme	Elaine	Thursday	06.30	Early Rider	Rhys
	10.30	RIDE	Vicky		09.30	PUMP	Tony
	11.30	Pilates	Roland		10.30	Barre Fusion	Vicky
	18.00	Stability (Balls)	Andrew		11.30	Balance	Vicky
	19.00	RIDE	Sarah		12.00	Over 50's Men*	Adam
	20.00	Slim-Fit*	Andrew		13.00	Over 50's Women*	Adam
Tuesday	06.30	Early Riser	Elaine	18.00	HIIT	Rhys	
	09.15	Tone & Sculpt	Elaine	19.00	RIDE	Rhys	
	10.15	HIIT	Andrew	Friday	09.15	MetaHIIT	Toni
	11.00	Vinyasa Yoga	Shannon		10.00	Dynamic Stretch	Toni
	12.00	Over 50's Men*	Adam		10.45	Glute Camp	Elaine
	13.00	Over 50's Women*	Adam		18.00	Killer Abs	Roland
	18.00	Tone & Sculpt	Andrew		18.30	RIDE	Roland
	19.00	Zumba	Catherine		Saturday	07.00	Slim-Fit*
20.00	RIDE	Nicole	08.30			RIDE	Tony
Wednesday	09.30	Cardio Combat	Vicky			09.30	PUMP
	10.30	PUMP	Vicky	10.30		Pilates	Roland
	11.30	Core & Abs	Vicky				
	18.00	Body Conditioning	Andrew				
	19.00	RIDE	Michelle				
	20.00	Slim-Fit*	Andrew				

We may, at times need to cancel or change a class time or instructor due to sickness or holiday. We will provide as much notice as possible to the members booked. * Payable session not included in membership, for members & non members .