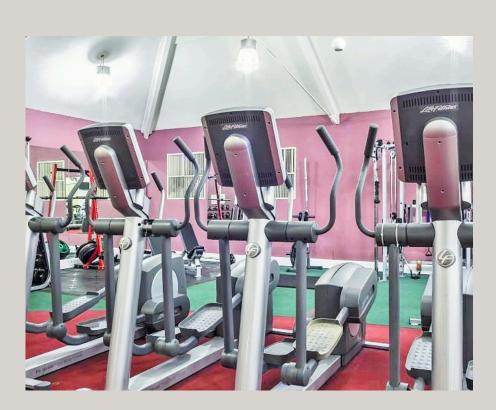


## **LEISURE CLASSES**







	М	т	W	т	F	S	S
9.30am	Aqua	Bells & Bars	TRX & Tone	Circuits	HIIT		
10.30am	Full Body Blast	<b>*Pilates*</b> Pay as you go	*Intro to Pre /Post Natal Exercise*	GYM INDUCTION			GYM INDUCTION
12.30pm	Circuits	HIIT	Full Body Blast	TRX & Tone	<b>*Pilates*</b> Pay as you go	Circuits	*Intro to Pre /Post Natal Exercise*
6.00pm	GYM INDUCTION				GYM INDUCTION		
6.30pm	Spin	Circuits	Bells & Bars	HIIT	Aqua		
7.15pm	GYM INDUCTION	*Bootcamp*		*Bootcamp*			
7.45pm			Aqua				

## **ALL CLASSES ARE 30 MINUTES LONG**

\*Paid Additional Classes\* Please note timetable is subject to change. Ask staff about our WhatsApp group to keep up to date. Participants must arrive at least 5 minutes early for ALL classes. Minimum of 2 participants required for class to go ahead.