



LEISURE CLASSES



	M	T	W	T	F	S	S
9.30am	Aqua	Bells & Bars	TRX & Tone	Circuits	HIIT		
10.30am	Full Body Blast	*Pilates* Pay as you go	*Intro to Pre /Post Natal Exercise*	GYM INDUCTION			GYM INDUCTION
12.30pm	Circuits	HIIT	Full Body Blast	TRX & Tone	*Pilates* 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.