



# FITNESS CLASSES

Saturday 2<sup>nd</sup> February – Saturday 2<sup>nd</sup> March 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>GYM</b>	<b>GYM</b>	<b>GYM</b>	<b>GYM</b>	<b>GYM</b>	<b>GYM</b>	<b>GYM</b>
07.45-08.30 <b>Stretch</b>	07.45-08.30 <b>Circuits</b>	07.45-08.30 <b>HIIT</b>	07.45-08.30 <b>Circuits</b>	07.45-08.30 <b>Stretch</b>	07.45-08.30 <b>HIIT</b>	10.30-11.00 <b>Tone</b>
09.30-10.30 <b>Tone</b>	09.30-10.30 <b>HIIT</b>	09.30-10.30 <b>Tone</b>	09.30-10.30 <b>HIIT</b>	09.30-10.30 <b>Tone</b>	09.30-10.30 <b>Circuits</b>	11.00-11.30 <b>Circuits</b>
10.30-11.00 <b>Circuits</b>	10.30-11.00 <b>Stretch</b>	10.30-11.00 <b>Circuits</b>	10.30-11.00 <b>Stretch</b>	10.30-11.00 <b>Circuits</b>	10.30-11.00 <b>Boxing</b>	11.30-12.00 <b>Stretch</b>
19.30-20.30 <b>Circuits</b>	11.00-12.00 <b>Boxing</b>	14.00-14.30 <b>Boxing</b>	11.00-12.00 <b>Boxing</b>	14.00-14.30 <b>Boxing</b>	11.00-11.30 <b>HIIT</b>	
	14.00-14.30 <b>Tone</b>	14.30-15.00 <b>BLT</b>	14.00-14.30 <b>Circuits</b>	14.30-15.00 <b>BLT</b>	11.30-12.00 <b>Stretch</b>	
	14.30-15.00 <b>Circuits</b>		14.30-15.00 <b>Tone</b>			
	19.00-20.00 <b>Tone</b>		20.00-21.00 <b>Circuits</b>			
	20.00-21.00 <b>Circuits</b>					
<b>POOL</b>		<b>POOL</b>	<b>POOL</b>	<b>POOL</b>		<b>POOL</b>
11.00-12.00 <b>Aqua</b>		11.00-12.00 <b>Aqua</b>	19.00-19.45 <b>Aqua</b>	11.00-12.00 <b>Aqua</b>		09.30-10.30 <b>Aqua</b>
15.30-18.30 <b>Swimming Lessons</b>						

The gym is available for individual use at all times

Book your classes at reception or by calling 01465 891233

