



FITNESS & CONDITIONING

TIMETABLE

April-June 22

Inc. in the unlimited membership & open to PAYG guests (£6)

MONDAY: Silver Circuits 11.45 -12.30 / Core & Stretch 16.30 – 17.15

TUESDAY: Yoga 12.45 – 13.30

WEDNESDAY: Core & Stretch 08.45 – 09.30 / HIIT 17.00 – 17.45

THURSDAY: Kettlercise 09.15 – 10.00

FRIDAY: Pilates 14.30 – 15.15 / Core & Stretch 15.30 – 16.15



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