

GYM CLASS TIME TABLE

MONDAY	KEISER CYCLE AQUAAEROBICS CIRCUITS YOGA	09.30-10.15 10.45-11.30 18.25-19.25 19.30-20.30	CYCLE STUDIO POOL STUDIO STUDIO
TUESDAY	AQUAAEROBICS BODY SCULPT CYCLE VIBE	18.45-19.30 18.45-19.30 19.30-20.15	POOL STUDIO CYCLESTUDIO
WEDNESDAY	BODY CONDITIONING YOGA PILATES	09.30-10.30 11.00-12.00 20.00-21.00	STUDIO STUDIO STUDIO
THURSDAY	AQUA AEROBICS ZUMBA KEISER CYCLE	11.00-11.45 18.30-19.30 19.00-19.45	POOL STUDIO CYCLE STUDIO
FRIDAY	BODY SCULPT CYCLE VIBE PILATES	09.20-10.15 10.15-11.00 11.00-12.00	STUDIO CYCLE STUDIO STUDIO

Please note: Member's Guests may attend individual classes for a fee of £5.00 per class. Non-Members may attend individual classes for a fee of £6.00 per class. 7 Day Pass holders are exempt from paying for any classes which fall on one of their 7Day visits. Health Club Members and their guests can book in for all classes up to two weeks in advance and non club members, including 7Day Pass holders up to one week in advance. All participants must book prior to commencement of classes. Classes are subject to availability and may change at managements discretion.