

Class Schedule

**Classes are free to members – Non members are charged
£4.00 per class**

Monday

7.00pm – 8.00pm	Legs, Bums and Tums	Dance Studio
8.15pm – 9.00pm	Cycle Fit	Gym
8.00pm – 9.00pm	Aerobics	Dance Studio

Tuesday

5.00pm – 6.00pm	Pilates	Multi-use Room
6.00 – 7.00pm	Ab Attack	Multi-use Room
7.00pm – 8.00pm	Step Aerobics	Multi-use Room

Wednesday

5.00pm – 6.00pm	Legs, Bums and Tums	Dance Studio
6.00pm – 7.00pm	Circuits	Sports Hall
6.00pm – 7.00pm	Yoga	Dance Studio
6.15pm – 7.00pm	Cycle Fit	Gym

Thursday

6.00 pm – 7.00pm	Pilates	Multi-use Room
8.00pm – 9.00pm	Box-Fit	Dance Studio

**Please Call for more information 01822
813238**