

# Pop-Up Classes Timetable April 2024

## Tuesday 2nd

6pm – 6.45pm **HIIT Spin**

## Wednesday 3rd

9am – 9.45am **HIIT Spin**

## Tuesday 9th

6pm – 6.45pm **HIIT Spin**

## Tuesday 16th

6pm – 6.45pm **HIIT Spin**

## Wednesday 17th

9am – 9.45am **HIIT Spin**

## Tuesday 23rd

6pm – 6.45pm **HIIT Spin**

## Wednesday 24th

9am – 9.45am **HIIT Spin**

## Tuesday 30th

6pm – 6.45pm **HIIT Spin**



K E Y	CARDIO
	STRENGTH & CONDITIONING
	MIND & BODY
	CYCLE

This timetable is subject to change. For the most up to date version refer to our website and the Pembs Leisure App.

All sessions must be booked and paid for in advance using our app or website.