

Group Exercise Timetable

Commencing Monday 1st November 2021

Monday

0815-0915 **Aqua Fit**
1740-1825 **Bar and Bell**
1835-1905 **Open Spin**
1900-1930 **Metafit**

Tuesday

1800-1845 **Pilates(*A4L)**
1900-1945 **Pilates**

Wednesday

0705-0735 **Metafit**
1700-1745 **Gentle Keep Fit (*A4L)**
1800-1845 **Strength and Balance**
1900-1945 **Kettlebell**

Thursday

0800-0900 **Aqua-Fit**
0915-1000 ***NEW* Gentle Keep Fit (*A4L)**
1740-1810 **Body conditioning**
1820-1850 **Open Spin**
1900-2000 **Masters/Adult Improvers**

Friday

0800-0845 **Pilates**
1330-1430 **Gym circuits (*A4L)**
1830-1930 **Adult Dance**

Booking is essential for all classes. To book or for further information - Please contact us on
01437-776690



Download and book in with our APP



Key
Cardio
Strength & Conditioning
Dance
Mind & Body
Cycle

Version 1
*(A4L) Active 4 Life