

classes...

W/C 5th July | FREE TO MEMBERS | NON MEMBERS BOOK & PAY ON THE APP



MONDAY			
09:00	SPIN 30	Jo	Spin
09:30	CORE	Jo	Mustang
11:00	PILATES	Steffi	Mustang
17:45	HIIT	Kim	Venom
17:45	DANCE FIT	Steffi	Mustang
18:15	SPIN 30	Kim	Spin
18:30	DYNAMIC PUMP	Steffi	Venom
18:30	RUNNING GROUP	Chris	Outdoor
19:15	CARDIO COMBAT	Stu	Venom
19:15	SPIN 45	Jamie	Spin
TUESDAY			
09:00	SPIN 30	Blake	Spin
09:30	BODY CONDITIONING	Anthea	Mustang
09:45	ACTIVE MOBILITY	Blake	Venom
17:45	SPIN 30	Steffi	Spin
17:45	DANCE FIT	Hayley	Mustang
18:30	CORE	Jo	Mustang
18:30	SPIN 30	Anthea	Spin
19:00	TBW	Anthea	Venom
19:15	PILATES	Elaine	Mustang
WEDNESDAY			
09:30	DYNAMIC PUMP	Jo	Venom
10:30	PILATES	Lisa	Mustang
17:45	KETTLEBELLS	Blake	Venom
18:00	ZUMBA	Steffi	Mustang
18:45	CARDIO COMBAT	Stu	Venom
19:15	SPIN 45	Blake	Spin
THURSDAY			
09:00	SPIN 30	Blake	Spin
09:30	CARDIO COMBAT	Stu	Venom
10:30	PILATES	Christine	Mustang
17:45	SPIN 30	Jo	Spin
18:00	HIP HOP CARDIO	Tabby	Mustang
18:15	HIIT	Jo	Venom
18:45	PERFORMANCE SPIN	Carl	Spin
FRIDAY			
09:00	SPIN 30	Anthea	Spin
09:30	TBW	Blake	Venom
09:45	AEROBICS	Christine	Mustang
10:30	PILATES	Christine	Mustang
17:45	PILATES	Elaine	Mustang
17:45	DYNAMIC PUMP	Steffi	Venom
18:45	SPIN 30	Kim	Spin
SATURDAY			
08:45	SPIN 30	Blake	Spin
08:45	CLUB FIT CARDIO	Tabby	Mustang
09:30	BOOTCAMP	Kim	Outdoors
10:30	GLUTES & ABS	Kim	Mustang
SUNDAY			
09:00	FITNESS YOGA	Julie	Mustang
09:30	SPIN 45	Jo	Spin

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