

classes...

W/C 30th August | FREE TO MEMBERS |
NON MEMBERS BOOK & PAY ON THE FITSENSE APP



MONDAY				TUESDAY			
09:00	SPIN 30	Jo	Spin	09:00	SPIN 30	Blake	Spin
09:30	CORE	Jo	Mustang	09:30	BODY CONDITIONING	Anthea	Mustang
10:30	FUNCTIONAL KINESIS	Elaine	Dakota	09:45	ACTIVE MOBILITY	Blake	Venom
11:00	PILATES	Elaine	Mustang	11:00	ZUMBA	Steffi	Mustang
17:45	HIIT	Kim	Venom	17:45	SPIN 30	Steffi	Spin
17:45	PILATES	Steffi	Mustang	17:45	DANCE FIT	Hayley	Mustang
18:15	SPIN 30	Kim	Spin	18:30	CORE	Jo	Mustang
18:30	DYNAMIC PUMP	Steffi	Venom	18:30	SPIN 45	Calum	Spin
18:30	RUNNING GROUP	Chris	Outdoor	18:45	STRONG 45	Lisa	Venom
18:30	CLUB FIT CARDIO	Tabby	Mustang	19:15	FITNESS YOGA	Jim	Mustang
19:15	CARDIO COMBAT	Steffi	Venom				
19:15	SPIN 45	Jamie	Spin				
WEDNESDAY				THURSDAY			
09:00	SPIN 30	Anthea	Spin	09:00	SPIN 30	Blake	Spin
09:30	DYNAMIC PUMP	Jo	Venom	09:30	CARDIO COMBAT	Stu	Venom
10:30	FUNCTIONAL KINESIS	Elaine	Dakota	10:30	PILATES	Christine	Mustang
10:30	PILATES	Lisa	Mustang	10:15	ACTIVE STRENGTH	Blake	Venom
17:45	SPIN 45	Anthea	Spin	17:45	SPIN 30	Jo	Spin
18:00	ZUMBA	Steffi	Mustang	18:00	HIP HOP CARDIO	Tabby	Mustang
18:00	TOTAL BODY WORKOUT	Blake	Venom	18:15	HIIT	Jo	Venom
18:45	CARDIO COMBAT	Stu	Venom	18:45	FITNESS YOGA	Olga	Mustang
19:00	SPIN 30	Blake	Spin	18:45	PERFORMANCE SPIN	Carl	Spin
19:15	PILATES	Elaine	Mustang	18:50	LEVEL UP	Tabby/Jess	Venom
FRIDAY				SATURDAY			
09:00	SPIN 30	Anthea	Spin	08:45	SPIN 45	Kim	Spin
09:30	TOTAL BODY WORKOUT	Blake	Venom	09:30	HIIT	Kim	Venom
09:45	AEROBICS	Christine	Mustang	10:15	BODY CONDITIONING	Elaine	Mustang
10:30	PILATES	Christine	Mustang				
17:45	PILATES	Elaine	Mustang	SUNDAY			
17:45	DYNAMIC PUMP	Steffi	Venom	09:00	FITNESS YOGA	Jim	Mustang
18:30	SPIN 30	Kim	Spin	09:30	SPIN 45	Jo	Spin