

classes...

W/C 4th OCTOBER | FREE TO MEMBERS |
NON MEMBERS BOOK & PAY ON THE FITSENSE APP



MONDAY			
09:00	SPIN 30	Jo	Spin
09:30	CORE	Jo	Mustang
11:00	PILATES	Elaine	Mustang
17:45	HIIT	Kim	Venom
17:45	PILATES	Steffi	Mustang
18:15	SPIN 30	Kim	Spin
18:30	DYNAMIC PUMP	Steffi	Venom
18:30	RUNNING GROUP	Chris	Outdoor
18:30	CLUB FIT CARDIO	Tabby	Mustang
19:15	TOTAL BODY WORKOUT	Calum	Venom
19:15	SPIN 45	Jamie	Spin

TUESDAY			
09:00	SPIN 30	Blake	Spin
09:30	BODY CONDITIONING	Anthea	Mustang
10:15	ACTIVE MOBILITY	Blake	Venom
11:00	ZUMBA	Steffi	Mustang
17:45	SPIN 30	Steffi	Spin
17:45	DANCE FIT	Hayley	Mustang
18:30	CORE	Jo	Mustang
18:30	SPIN 45	Calum	Spin
18:45	STRONG 45	Lisa	Venom
19:15	FITNESS YOGA	Jim	Mustang

WEDNESDAY			
09:30	DYNAMIC PUMP	Jo	Venom
10:30	PILATES	Elaine	Mustang
18:00	ZUMBA	Steffi	Mustang
18:00	TOTAL BODY WORKOUT	Blake	Venom
18:45	DYNAMIC PUMP	Steffi	Venom
18:45	SPIN 30	Blake	Spin
19:15	PILATES	Lisa	Mustang

THURSDAY			
09:00	SPIN 30	Stu	Spin
09:35	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	FITNESS YOGA	Olga	Mustang
18:45	PERFORMANCE SPIN	Carl	Spin
18:50	LEVEL UP	Tabby/Jess	Venom

FRIDAY			
09:00	SPIN 30	Blake	Spin
09:30	TOTAL BODY WORKOUT	Blake	Venom
09:45	AEROBICS	Christine	Mustang
10:30	PILATES	Christine	Mustang
17:45	DYNAMIC PUMP	Steffi	Venom
18:30	SPIN 30	Kim	Spin

SATURDAY			
08:45	SPIN 45	Kim	Spin
09:30	HIIT	Kim	Venom
10:15	BODY CONDITIONING	Elaine	Mustang

SUNDAY			
09:00	FITNESS YOGA	Julie	Mustang
09:30	SPIN 45	Jo	Spin