



INSTRUCTORS TIMETABLE

DAY	TIME	CLASS	INSTRUCTOR
MONDAY	09:30-10:00	Monday Morning Mobility	Jack
	18:30-19:15	Kettlecise	Andrew
TUESDAY	09:30-10:00	HIIT	Danny
	18:30-19:15	Super Sweat	Katie
WEDNESDAY	09:30-10:15	Strong & Sculpt	Niykee
	18:30-19:15	Tabata	Jack
THURSDAY	09:30-10:15	Circuit	Danny
	18:30-19:15	Yoga	Avril
FRIDAY	09:30-10:15	Legs, Bums & Tums	Avril
	17:30-18:15	Friday Fit Squad	Niykee
SATURDAY	09:15-10:00	Military Fitness	Andrew
SUNDAY	09:15-10.00	EMOM	Avril

£3.00 PER CLASS

This class timetable has been created by our instructors. All costs are paid directly to the instructor.

Please note: All Gym memberships have been frozen and will restart once we are able to re-open on 2nd December 2020 (subject to government confirmation).