

Fitness Timetable

January 2018



Monday		PAYG Price
7.15 - 8.15	Kettlercise	£5

Tuesday		PAYG Price
6.15 - 7.15	Kettlercise	£5
7.15 - 8.15	Boxercise	£5
Wednesday		
6.30 - 7.00	Metafit	£4.25
7.00 - 8.00	Performance Cycling - Indoor Cycling Class	£5

Thursday		PAYG Price
7.00 - 8.00	Latin/Interational Fitness £20/4wk term	£6.50
7.00 - 8.00	Yoga(Contact Sian 07805 478134)	
Saturday		
10 - 11am	Performance Cycling - Indoor Cycling Class	£5.00