

Centre

Monday 21 Jan 2019	Duration	Intensity Level
17:30 -- Studio Cycle	30 mins	⊕ ⊕ ⊕ ⊕
19:15 -- Body Pump	60 mins	⊕ ⊕ ⊕ ⊕

Tuesday 22 Jan 2019	Duration	Intensity Level
09:30 -- Body Blast	60 mins	⊕ ⊕ ⊕ ⊕
10:00 -- Active Life Circuits	60 mins	
18:00 -- Step, Bums & Tums	60 mins	⊕ ⊕ ⊕ ⊕

Wednesday 23 Jan 2019	Duration	Intensity Level
10:00 -- Zumba	60 mins	⊕ ⊕ ⊕ ⊕
18:00 -- Studio Cycle	45 mins	⊕ ⊕ ⊕ ⊕
18:50 -- CX Works	30 mins	⊕ ⊕ ⊕ ⊕

Thursday 24 Jan 2019	Duration	Intensity Level
09:30 -- Legs, Bums & Tums	60 mins	⊕ ⊕ ⊕ ⊕
18:15 -- Body Combat	60 mins	⊕ ⊕ ⊕ ⊕
19:20 -- Barbell	60 mins	⊕ ⊕ ⊕ ⊕

Sunday 27 Jan 2019	Duration	Intensity Level
17:00 -- Studio Cycle	45 mins	⊕ ⊕ ⊕ ⊕
17:50 -- Pilates	60 mins	⊕ ⊕ ⊕ ⊕

This timetable is current as of 18/01/2019. Activities and schedules subject to change.

Whilst we make every effort for classes to be covered, there may be occasions where we have no option but to offer an alternative class due to instructor availability.

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