

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9.30am	Monday Blitz With Toni	Complete Conditioning with Lou	Body Pump 9.15am with Jane 45mins	Aero Step 9.15am with Nicola 45mins	Body Balance with Toni	Saturday Sweat with Lorraine	Body Pump with Jane
10am	*SPIN 45min With Jo	*SPIN 45min with Joss	LBT With Toni *SPIN 30min with Jane	*SPIN 30min with Sophie	*SPIN 45min with Nicola		*SPIN 45min 9.45am With Gym Staff
10.30am						Body Combat with Jane *SPIN 45min with Nigel	Body Combat with Nicola
11.30am			Sensitive Cycling 12noon with Lauren			*SPIN 30min with Nigel	
6pm	*SPIN 45min with Nicola	*SPIN 30min with Nigel			*SPIN 45min with Malcolm		
6.30pm	Boxercise with Dan LBT with Emma	Body Combat with Jane *SPIN 60min with Nigel	Body Combat with Jane	Body Pump with Tim *SPIN 45min with Joss			
7pm	*SPIN 30min with Nicola						
7.30pm	Body Combat with Becky Body Balance with Emma	Body Pump with Jane	Bootcamp Circuits with Jane LBT with Nicola	*SPIN 30min with Joss			
8.30pm		Body Balance with Linda					

Class	Full member	Centre Member	Non member	Class	Full Member	Centre member	Non Member
BODYPUMP **	£1.00/FREE-am	£5.60/£3.50-am	£6.60/£4.70-am	BOOTCAMP CIRCUITS	FREE	£5.00	£6.20
BODYCOMBAT	FREE	£5.00	£6.20	AERO STEP	FREE	£3.50-am	£4.70-am
BODYBALANCE	FREE	£5.00/ £4.00-am	£6.20/ £5.20-am	SENSITIVE CYCLING	FREE	£3.80	£4.30
SPINNING	FREE	£5.00	£6.20	SATURDAY SWEAT	FREE	£5.00	£6.20-am
MONDAY BLITZ	FREE	£4.00am	£5.20	COMPLETE CONDITIONING	FREE	£4.00-am	£5.20-am
LEGS BUMS AND TUMS	FREE	£5.00/ £4.00-am	£6.20/ £5.20-am	AB COURSES	Courses	Courses	Courses
BOXERCISE	FREE	£5.00	£6.20	FITNESS PILATES	Courses	Courses	Courses

All prices for PM classes unless specified
**Sunday Pump £1.00 for Members

*Members will be charged £2 for non attendance/ Late cancellation (On day or day before)/ or Non collection of tickets for all Spin classes

All Classes are 60 minutes long unless otherwise specified