

Exercise Class

Schedule

If Circuits, Legs, Bums and Tums or Pilates take your fancy, then give them a try! There are lots to choose from....



Monday	Dance Jam* Beginners Keiser Spin Keiser Spin Total Body Workout Pilates	12.00noon - 1.00pm 5.30 - 6.00pm 5.30 - 6.00pm 6.00 - 7.00pm 7.00 - 8.00pm
Tuesday	Core Conditioning Advanced Keiser Spin Circuits	6.00 - 6.45pm 7.00 - 7.45pm 7.00 - 7.45pm
Wednesday	Ab Blast* Cardio Kick Keiser Spin	12.15- 1.00pm 6.00 - 7.00pm 7.00 - 7.45pm
Thursday	Boxercise* Keiser Spin Boxercise Circuits Ab Blast	12.00noon - 1.00pm 1.00 - 1.45pm 6.30 - 7.30pm 7.30 - 8.00pm
Friday	Keiser Spin Keiser Spin	7.45 - 8.30am 6.15 - 7.00pm
Saturday	Keiser Spin	9.00 - 9.45am
Sunday	Pilates Circuits Legs, Bums and Tums	10.00 - 11.00am 11.15am - 12.15pm 5.00 - 6.00pm

* Term time only

Prices

Non Members
£3.50

Members
£3.00

Students
£2.50

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