

Class Timetable

To book a class please call us on 01422 371681

Members £1.75 Non-members £4.00



MON				6.00pm The Hour of Power	7.00pm Bodypower
TUE				6.00pm Spin	7.15pm Spin
WED		10.00am Yoga		5.30pm Bodypower	7.00pm BoxFit
THU		9.30am B.L.T. Gentle Tone		6.00pm Spin	
FRI	7.15am Bodypower			6.00pm Circuit Thai	
SAT		11.00am Circuits			
SUN					

Gym Opening Hours: Mon-Thur 7am-9pm Friday 7am-7pm Sat/Sun 10am-2pm