

Fitness Class Timetable April - August 2019

MONDAY		
5.30pm - 6.00pm Ross	Metafit®	Cardio
6.00pm - 6.45pm Cheryl	Brio Kettlebell	Strength / Conditioning
6.00pm - 7.30pm Alison	Hatha Yoga	Mind & Body
7.00pm - 8.00pm Ross	Brio Circuits	Strength / Conditioning

TUESDAY		
5.30pm - 6.00pm Holly	Metafit®	Cardio
6.00pm - 6.45pm Helen	Zumba Toning	Cardio
7.00pm - 7.45pm Ali	Aqua Fit	Water Workout
7.00pm - 8.00pm Ross	Brio Circuits	Strength / Conditioning

WEDNESDAY		
7.00am - 7.30am Conrad	Metafit®	Cardio
6.00pm - 7.00pm Cheryl/Ross	Brio Circuits	Strength / Conditioning
6.30pm - 7.00pm Holly	Swim Fit	Water Workout
7.00pm - 8.00pm Cheryl/Ross	Brio Box	Strength / Conditioning

THURSDAY		
5.30pm - 6.00pm Ross	Metafit®	Cardio
6.00pm - 6.45pm Ross	Brio Box	Strength / Conditioning
6.45pm - 7.30pm Urška	Brio LBT	Strength / Conditioning
7.00pm - 7.45pm Ross	Brio Kettlebell	Strength / Conditioning
7.30pm - 8.15pm Urška	Pilates	Mind & Body
8.15pm - 9.00pm Urška	Yoga	Mind & Body

FRIDAY		
7.00am - 7.45am Cheryl	Brio Kettlebell	Strength / Conditioning
6.00pm - 6.45pm Hoola Nation	Hoola Hoop	Cardio
6.15pm - 7.00pm Urška	Pilates	Mind & Body

SATURDAY		
10.00am - 10.30am Conrad	Metafit	Cardio
10.30am - 11.15am Gemma	Zumba	Cardio
10.30am - 11.15am Conrad	Brio Core	Strength / Conditioning
11.30am - 12.15pm Gemma	Brio Stretch	Mind & Body
12.15pm - 1.30pm Gemma	Brio Stretch	Mind & Body

SUNDAY		
9.00am - 9.30am Holly	Metafit	Cardio

QUICK KEY		
Cardio		Cardio
Mind & Body		Mind & Body
Strength / Conditioning		Strength / Conditioning
Water Workout		Water Workout

**FROM
£4.30[~]
FREE
TO PREMIER MEMBERS**