








Fitness Class Timetable




April - August 2019

MONDAY		
5.30pm - 6.00pm Ross	Metafit®	
6.00pm - 6.45pm Cheryl	Brio Kettlebell	
6.00pm - 7.30pm Alison	Hatha Yoga	
7.00pm - 8.00pm Ross	Brio Circuits	


TUESDAY		
5.30pm - 6.00pm Holly	Metafit®	
6.00pm - 6.45pm Helen	Zumba Toning	
7.00pm - 7.45pm Ali	Aqua Fit	
7.00pm - 8.00pm Ross	Brio Circuits	





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

THURSDAY		
5.30pm - 6.00pm Ross	Metafit®	
6.00pm - 6.45pm Ross	Brio Box	
6.45pm - 7.30pm Urška	Brio LBT	
7.00pm - 7.45pm Ross	Brio Kettlebell	
7.30pm - 8.15pm Urška	Pilates	
8.15pm - 9.00pm Urška	Vinyasa Flow Yoga	 

FRIDAY		
7.00am - 7.45am Cheryl	Brio Kettlebell	
6.00pm - 6.45pm Hoola Nation	Hoola Hoop	
6.15pm - 7.00pm Urška	Pilates	

SATURDAY		
10.00am - 10.30am Conrad	Metafit	
10.30am - 11.15am Gemma	Zumba	
10.30am - 11.15am Conrad	Brio Core	
11.30am - 12.15pm Gemma	Brio Stretch	
12.15pm - 1.30pm Gemma	Brio Stretch	

SUNDAY		
9.00am - 9.30am Holly	Metafit	

QUICK KEY		
Cardio		
Mind & Body		
Strength / Conditioning		
Water Workout		

FROM
£4.30[~]
FREE
TO PREMIER MEMBERS