

Fitness Classes Timetable



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Spin Blast + Abs 09:45-10:30	Spin 09:30-10:15	Body Conditioning 09:30-10:15	Hit 09:45-10:15	Spin 09:00-09:30	Spin 10:00-10:30
Total Tone 10:45-11:30	Bums Tums And Thighs 10:30-11:15	Zumba 10:30-11:15	Body Conditioning 10:30-11:15	Core Stability 09:45-10:15	Core And More 10:45-11:30
Aqua Aerobics 12:00-12:45	Yoga 12:30 - 13:30	Pilates 13:30-14:30	Stretching 11:30-12:00	Aqua 10:00-10:45	-
Spin Blast 18:00-18:30	Body Circuit 18:00-18:45	Spin Blast 18:00-18:30	Yoga 14:00-15:00	-	-
Finess Pilates 18:45-19:30	Pilates 19:00-20:00	Total Tone 18:45-19:30	Core Stability 18:00 - 18:30	-	-
HighLand Hustle 19:45-20:30	-	-	Yoga 18:45-20:00	-	-



CALL 01383 624216 FOR MORE ENQUIRIES