

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BODY BLAST * 12:15-13:00 Chris Upper Hall	RIDE 12:30-13:15 Chris Upper Gym	RIDE 17:00-17:45 Chris K Upper Hall	CORE 13:00-13:45 Will Upper Hall	AQUA FIT 10:00-10:45 Will Indoor Pool
PILATES 13:15-14:00 Emily A Dance Studio		CIRCUITS 18:00-19:00 Chris K Upper Hall	YOGA 17:30-18:15 Zoe Dance Studio	BODY BLAST 12:15-13:00 Will Upper Gym
YOGA 18:00-19:00 Charlotte Dance Studio		PILATES 18:30-19:15 Emily Dance Studio		BODY BALANCE 18:30-19:15 Zoe Dance Studio



*Monday Body Blast will not run from
Monday 30th June - Monday 4th August

Scan to book
your sessions

