



Class Timetable

Monday	Circuits Core	09:15 18:00
Tuesday	Circuits	18:00
Wednesday	Yoga Tabata	10:15 18:00
Thursday	Kettlebells Legs, Bums & Tums	09:15 18:00
Friday	Cross Training Plyo-Circuits Core	08:00 09:15 18:00
Saturday	Total Body Workout	9:30

Opening times

Monday	06:30 – 22:00
Tuesday	06:30 – 22:00
Wednesday	06:30 – 22:00
Thursday	06:30 – 22:00
Friday	06:30 – 20:00
Saturday	09:00 – 16:00
Sunday	09:00 – 16:00