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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>HIIT</b>  8.30am–9.20am Call <b>Bridget</b> on <b>07539 273525</b>	<b>Pilates</b>  10.00am–11.00am with <b>Emma</b>	<b>HIIT</b>  9.00am–10.00am Call <b>Bridget</b> on <b>07539 273525</b>	<b>Flow Yoga</b>  7.45am–8.45am with <b>Alex</b>	<b>HIIT</b>  9.00am–10.00am Call <b>Bridget</b> on <b>07539 273525</b>	<b>Step/Combat Aerobics</b>  9.00am–10.00am with <b>Emma</b>
<b>Pilates</b>  9.40am–10.40am Call <b>Julie</b> on <b>07966 571159</b>	<b>Weighted Workout</b>  11.15am–12.15am with <b>Holly</b>	<b>Vinyasa Yoga</b>  10.15am–11.10am Call <b>Ann</b> on <b>07729 810765</b>	<b>Legs, Bums &amp; Turns</b>  10.00am–11.00am with <b>Holly</b>	<b>Aqua Aerobics</b>  9.15am–10.00am with <b>Emma</b>	<b>Yoga Flow</b>  10.15am–11.15am with <b>Holly</b>
<b>Pilates</b>  11.00am–12.00pm Call <b>Julie</b> on <b>07966 571159</b>	<b>Keibudo Karate School</b>  5.45pm–6.45pm <b>Keith 07884017878</b>	<b>Fitsteps®</b>  1.30pm–2.15pm with <b>Vicky</b>	<b>Keibudo Karate School</b>  5.45pm–6.45pm <b>Keith 0788 4017878</b>	<b>Pilates</b>  10.30am–11.30am with <b>Emma</b>	
<b>IgniteFit*</b>  5.30–6.00pm with <b>Emma</b>	<b>Powertone</b>  7.00pm–8.00pm Call <b>Bridget</b> on <b>07539 273525</b>	<b>Aqua Aerobics</b>  1.45pm–2.30pm with <b>Emma</b>	<b>Aqua Aerobics</b>  6.00pm–6.45pm with <b>Holly</b>	<b>Pilates</b>  11.45am–12.45pm with <b>Emma</b>	
<b>Pilates</b>  6.10pm–7.10pm with <b>Emma</b>		<b>Zumba</b>  5.15pm–6.00pm with <b>Kelly</b>	<b>Powertone</b>  7.00pm–8.00pm Call <b>Bridget</b> on <b>07539 273525</b>	<b>Men's Wellness</b>  1.00pm–2.00pm with <b>Emma</b> Call <b>07870 738647</b>	
<b>Pilates Boost</b>  7.15pm–8.00pm with <b>Emma</b>		<b>Old Skool Aerobics</b>  6.00pm–7.00pm with <b>Emma</b>	 Bookable on <b>CymSync</b> app	<b>Power Conditioning &amp; Stretch</b>  5.30pm–6.30pm with <b>Emma</b>	
		<b>Boxercise</b>  7.10pm–8.10pm with <b>Emma</b>	 Bookable directly with Instructor.		

**Entry will not be granted without a card** - You must collect a class card when you pay and hand it to the instructor when entering the Studio. **Participants must be aged 16 or over.** Terms and conditions: All classes must be paid at least 5 minutes before the start of the class. • If a class has to be cancelled or changed at short notice, we will try our best to let you know in good time • If you have pre-paid, we will transfer your payment to the next available class • No refunds or transfers will be made if a class is covered by another instructor • No refunds or transfers will be given for bookings cancelled by you • You will be required to complete a pre-exercise questionnaire on your first visit • Please check with your doctor if you have any health concerns before starting a new exercise class • For free classes, members must show their membership card at the reception when booking onto the class.

## Class Fees:

 **£3** members **£6** non-members  
 Free to Studio & Platinum Members

 \* **£2** members **£6** non-members  
 Free to Studio & Platinum Members

 Water-based Class  Dance/Choreography  
 High Intensity/Conditioning  Mind/Body