



CLASSES

MONDAY

11.00 - 11.45	Body Conditioning
18.00 - 19.00	Total Physique

TUESDAY

11.00 - 11.45	Easyline Circuit
18.00 - 18.45	Easyline Circuit

WEDNESDAY

11.00 - 11.45	Easyline Circuit
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THURSDAY

11.00 - 11.45	Easyline Circuit
18.00 - 18.45	Easyline Circuit
19.30 - 20.30	Boxercise

FRIDAY

13.00 - 13.45	Body Conditioning <i>(Part of the Pamper day session)</i>
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~ COST ~
£1.50

Please note, this cost is for the class only and does not cover a gym session

**A Minimum of 4 people are needed for a class to run*