

Group Fitness Timetable

Timetable Effective From 4th March 2010

Monday Tuesday Wednesday Thursday Friday Saturday

6.15pm Spin Spin 9.30am Pilates Spin
Pilates

Spin(9am) 5.15pm Spin Spin
6.00pm Pump Pump
Step-Attack 7.15pm Pilates

Aikido(7pm) Pilates
Aikido(7pm)

Please click the images above or go to the FAQ section to view definitions and information for each class.