



Gym Classes 2011

Monday	Body Blitz Kieran's Core class	5.30pm to 6.15pm 12.40pm to 1.20pm
Tuesday	Core Fit Ball	7.15pm to 8.00pm
Wednesday	Total Toning	5.30pm to 6.15pm
Thursday	Circuits	7.00pm to 8.00pm
Friday	Abs and Ass	5.30pm to 6.15pm
Saturday	Circuit Surprise	10.00am to 11.00am
Sunday	CV Mix	10.00am to 11.00am

Privilege Members Classes FREE

Non-members or Signature members £5 per class