

Gym Classes

Monday	Fit Ball Boot camp	10.00am to 10.45am 5.30pm to 6.00pm
Tuesday	Body Sculpting Fit Ball	12.30pm to 1.00pm 7.15pm to 8.00pm
Wednesday	Bikini Boot camp Total Toning	9.00am to 9.45am 5.30pm to 6.00pm
Thursday	Flatten & Firm Circuit Training	3.00pm to 3.30pm 7.15pm to 8.00pm
Friday	Muscle Meltdown Abs and Ass	9.30am to 10.15am 5.30pm to 6.00pm
Saturday	Circuit Training	10.00am to 11.00am
Sunday	Circuit Training	10.00am to 11.00am

Privilege Members	morning & evening classes FREE
Signature Members	morning classes FREE
Non-members	£5 per class