

Class Timetable

Monday

9.30am- Zumba

10.30am- Young @ Heart

5.30pm- Yoga

6.15pm- Aqua

8.00pm- Pilates

Tuesday

9.30am- Aerofit

10.20am- Body Tone

1.30pm- Pilates

5.30pm- Dance Mania

7.00pm- Zumba

Wednesday

6.15pm- Body Tone

7.00pm- Pilates

Thursday

9.30am- Aqua

10.15am- Pilates

5.30pm- Yoga

7.00pm- Zumba

Friday

9.30am- Body Tone

10.20am- Zumba / Fitsteps

12.30pm–4.45pm Puddle Ducks

Saturday

9.15am-Zumba

Sunday

10.30- Karate

3.00pm-6.00pm Puddle Ducks

Classes are free to members &
£5 for non – members

Please ring to check classes are
on 01642 792860