

Class Timetable



Monday	Tuesday	Wednesday	Thursday	Friday
			Boxing 07.30 – 08.15	
Spinning 13.10 – 13.45	Fat Burn 13.10 – 13.45		Circuit 13.10 – 13.45	Tabata 13.10 – 13.45
		Boxing 13.45 – 14.30		

All Classes need to be booked via email to ensure space is available.

Class costs range from £2.00 to £3.50

If you have booked in for a class but have been held up for any reason, then please let us know as soon as possible.

New participants should inform the instructor prior to the class starting.