

Class Timetable January 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Hiit circuits 9-10	Tabata Tums & Bums 9.30-10.15	Aerotone 9.30-10.30	Yoga 9.15-10	Indoor Cycling 9.30-10.15	Kettlebell 9.15-10	Power Weights 9.15-10.15	Boxercise 9.15-10.15
Zumba 10-11	Indoor Cycling 10-10.45	Fitness Yoga 10.30-11.30	All Body Workout 10.15-11	Aerobics 10-11	Indoor Cycling 9.30-10.15		
	Pilates 10.15-11	Piloxing 11.30-12.30	Prime Time 11-12	Zumba 11-12	Hiit circuits 10.30-11.30		
Prime Time 12-1	Pump and Shred 1.30-2.30			Yoga 12.15-1.15			
Indoor Cycling 5.30-6.15		Indoor Cycling 5.30-6.15	Indoor Cycling 5.30-6.15				
Kettlebell 7.15-8	Body Blitz 6-7	Zumba 6-7	Kettlebell 6.30-7.15	Indoor Cycling 6-6.45			
Piloxing 6-7	Pump and Shred 7-8	Indoor Cycling 7.30-8.15	Hiit circuits 6.15-7				
Zumba Strong 7.30-8.15	Indoor Cycling 7.30-8.15		Pump and Shred 7-8				
Pure Stretch 8.15-9.00	Zumba 8.15-9.15	Yoga 8.15-9.15	Fitness Yoga 8.15-9.15				

Acorns Members
 All Classes FREE
 (as long as class falls within your membership access times)
 Booking available 7 days in advance.

Non Members
 £5.20 per class
 Booking available 5 days in advance

Room Colour Key: Dance Studio Spin Studio
Main Hall Martin Grove Suite

