

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rig Class 6.30 - 7am	Metafit 6.30 - 7am	Rig Class 6.30 - 7am	MMA 6.15 - 7am	Rig Class 6.30 - 7am	MMA Circuit 8 - 8.45am	Functional Fitness 9.45 - 10.30am
Abs 10 - 10.30am	Kettlebells 10 - 11am	Studio Circuit 6 - 6.30pm	War Machine 10 - 11am	Studio Cycle 10 - 11am	Spin Class 9 - 10am	Abs 1 - 1.30pm
Studio Cycle 6 - 7pm	LBT 11.30 - 12.30pm	Tummy Tums 6.30 - 7pm	Total Tone 11 - 12pm	Pilates 11 - 12pm		
Pilates 6 - 7pm	Tone It Up 6 - 6.45pm	Thai Boxing 6.30 - 7.30pm	Rig Class 6 - 6.30pm	War Machine (max6) 6 - 6.30pm		
Kettlebells 7 - 7.45pm	Rig Class 6.15 - 6.45pm		Metafit 6.30 - 7pm	MMA Grappling 6.30 - 7.30pm		
Step Aerobics 7 - 7.45pm	Quick Spin 7 - 7.30pm		Studio Cycle 7 - 8pm			
	Kettlebells 7 - 7.45pm					
	Yoga* 7 - 8pm					
	Quick Spin 7.30 - 8pm					

Class Timetable

all classes £6

[members free]

01787 828373

* Class Charged additionally to memberships



zeest

health & fitness

No Quitters

Allowed