



## BOUTIQUE CLASSES MONDAY

<b>09:30am</b>	<b>PUMP - HEATHER.M</b>	<b>B1</b>
<b>18:00pm</b>	<b>RIP RIDE - LYNDSEY.B</b>	<b>B1</b>
<b>18:30pm</b>	<b>RUN CLUB - EMILY.H</b>	Outside
<b>19.00pm</b>	<b>4D PRO BUNGEE - HEATHER.M</b>	<b>B1</b>
<b>20.00pm</b>	<b>ANTI GRAVITY - STACIE.W</b>	<b>B1</b>
<b>20:00pm</b>	<b>LADIES KICKBOXING - HANNAH.B</b>	Combat Floor

All classes are first come, first served. As a member you can book 7 days in advance. You cannot cancel a class within 2 hours of a class start time. No shows will result in your account being blocked from booking. Please call to cancel if needs be - 01296 256745



## BOUTIQUE CLASSES TUESDAY

<b>06:00am</b>	<b>TOTAL BODY - LYNSEY.B</b>	<b>B1</b>
<b>09:30am</b>	<b>4D PRO BUNGEE - HEATHER.M</b>	<b>B1</b>
<b>18.00pm</b>	<b>COMBAT - HEATHER.M</b>	<b>B1</b>
<b>19.00pm</b>	<b>PUMP - HEATHER.M</b>	<b>B1</b>
<b>20.00pm</b>	<b>SPINNING - HEATHER.M</b>	<b>B1</b>

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## BOUTIQUE CLASSES WEDNESDAY

<b>06:00am</b>	<b>POWR-BOX - HANNAH.B</b>	<b>B1</b>
<b>09.45am</b>	<b>KICKBOXING - MICHAEL.Z</b>	<b>COMBAT FLOOR</b>
<b>17:50pm</b>	<b>SPINNING - LYNDSEY.B</b>	<b>B1</b>
<b>18.45pm</b>	<b>XPRESS KETTLEBELLS - LYNDSEY.B</b>	<b>B1</b>
<b>19.15pm</b>	<b>CLUBBERCISE - STACIE.W</b>	<b>B1</b>
<b>20:00pm</b>	<b>ANTI GRAVITY - STACIE.W</b>	<b>B1</b>

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## BOUTIQUE CLASSES THURSDAY

<b>06:00am</b>	<b>RIP RIDE - LYNDSEY.B</b>	<b>B1</b>
<b>09.30am</b>	<b>SPINNING - HEATHER.M</b>	<b>B1</b>
<b>10.30am</b>	<b>4D PRO BUNGEE - HEATHER.M</b>	<b>B1</b>
<b>18.00pm</b>	<b>PUMP - HEATHER.M</b>	<b>B1</b>
<b>19.00pm</b>	<b>COMBAT - HEATHER.M</b>	<b>B1</b>
<b>20:00pm</b>	<b>YOGA - SCARLETT.T</b>	<b>B1</b>

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## BOUTIQUE CLASSES FRIDAY

<b>06:00am</b>	<b>BOOTCAMP - CAM.C</b>	<b>B1</b>
<b>10.30am</b>	<b>ANTI GRAVITY - STACIE.W</b>	<b>B1</b>
<b>18.00pm</b>	<b>4D PRO BUNGEE - HEATHER.M</b>	<b>B1</b>
<b>18.00pm</b>	<b>BARBELL TECHNIQUE</b>	<b>B1</b>
<b>18.15pm</b>	<b>LADY BOX - ANDY.R</b>	<b>B1</b>

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## BOUTIQUE CLASSES SATURDAY

<b>08:00am</b>	<b>ANTI GRAVITY - STACIE.W</b>	<b>B1</b>
<b>09.30am</b>	<b>SPINNING - HEATHER.M</b>	<b>B1</b>
<b>10.30am</b>	<b>PUMP - HEATHER.M</b>	<b>B1</b>

## BOUTIQUE CLASSES SUNDAY

<b>10.00am</b>	<b>YOGA - SCARLETT.T</b>	<b>B1</b>
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