

**Adult Fitness Classes**

Class	£	Day	Time	Instructor
Body Conditioning	£ 5.00	Monday	08:15	Jo
Zumba Beats			09:30	Contact Maria 07957 613516
Strictly Solo			10:45	
Multi Sports	£ 6.00		14:15	
Spinning	£ 5.50		18:45	Jo

Spinning	£ 5.50	Tuesday	08:15	Jo
Pilates	£ 5.50		09:15	Jackie
Body Toning	£ 5.00		09:30	Wendy
Pilates	£ 5.50		10:30	Paula
Yoga	£ 6.00		10:45	Izzie
Circuits	£ 5.00	Wednesday	08:45	Jackie
Pilates	£ 5.50		10:00	Jackie
Spinning	£ 5.50		19:00	Jo
Ballroom Dancing			19:00	John & Linda
Ballroom Dancing			20:00	
Spinning	£ 5.50	Thursday	08:15	Jo
Trim & Tone	£ 5.00		09:15	Jackie
Ballroom Dancing			19:00	John & Linda
Ballroom Dancing			20:00	
Ballroom Dancing			21:00	
Body Blitz	£ 5.00	Friday	09:00	Jo
Body Toning	£ 5.00		09:30	Wendy
Zumba (Hire)			11:00	Steph
Salsa		Saturday	10:30	Contact Alex 07831 650618