

	AM	PM		
MON	<b>BOOTCAMP*</b> 7am – Duncan	<b>SPINNING.</b> 6pm – Keiran	<b>POWER HOUR</b> 7pm – Joanne	<b>SPINNING.</b> 8pm – Keiran
TUE		<b>SPINNING.</b> 6pm – Julie	<b>POWER HOUR</b> 7pm – Joanne	<b>LES MILLS BODYPUMP</b> 8pm – Keiran
WED	<b>BOOTCAMP*</b> 7am – Duncan	<b>Yoga</b> 5.30pm – Pauline <b>Step &amp; Tone</b> 6.30pm – Viv	<b>ZUMBA fitness</b> 7.30pm – Aileen	<b>SPINNING. 30min Express</b> 8.30pm – Keiran
THU		<b>SPINNING. 30min Express</b> 5.45pm – Julie	<b>BODY BLAZ</b> 6.30pm – Aileen	<b>LES MILLS BODYPUMP</b> 7.15pm – Aileen
FRI	<b>BOOTCAMP*</b> 7am – Duncan <b>SPINNING.</b> 7am – Julie	<b>POWER HOUR</b> 6pm – Duncan		
SAT	<b>SPINNING.</b> 9.45am – Keiran			
SUN		<b>ZUMBA fitness</b> 12pm – Donna		

**MEMBERS** 1 class: £3 • Buy 10 get 2 FREE (12 classes): £30 **NON-MEMBERS** 1 class: £5 • Buy 10 get 2 FREE: £50  
Classes must be booked and paid for in advance at reception. Subject to change. \*Bootcamp incurs additional charge.

	AM	PM		
MON		<b>Muay Thai Essentials</b> 6pm – Guy Ramsey	<b>Muay Thai Intermediate*</b> 7pm – Thomas Weir	<b>Boxing Mixed level</b> 8pm – Kenny Ho
TUE		<b>MMA Essentials</b> 6pm – Thomas Weir	<b>MMA Intermediate*</b> 7pm – Thomas Weir	<b>MMA Fitness</b> 8pm – Ross Stewart
WED		<b>MMA Fitness</b> 6pm – Dean Reilly	<b>No Gi BJJ All levels</b> 7pm – Dean Reilly	<b>Muay Thai Essentials</b> 8pm – Dean Reilly
THU		<b>Boxing Mixed level</b> 6pm – Danny Gray	<b>MMA Essentials</b> 7pm – Danny Gray	<b>MMA Intermediate*</b> 8pm – Danny Gray
FRI		<b>Brazilian Jiu Jitsu</b> 6pm – Shaun Taylor	<b>Open mat</b> 7pm	
SAT	<b>Boxing Mixed level</b> 11am – Kenny Ho	<b>MMA Strength &amp; Conditioning</b> 12pm – Thomas Weir		
SUN	<b>Brazilian Jiu Jitsu</b> 11am – Shaun Taylor			

1 class: £5 • Buy 10 get 2 FREE (12 classes): £50 • Classes must be booked and paid for in advance at reception. Subject to change. \*Intermediate classes may include an element of sparring.

