



LIST OF CLASSES 2018

| Day / Time | Class | Price |
|------------------------|-------------------|------------------------------|
| <u>Monday</u> | | |
| 19:15 – 20:15 | Zumba tone | FREE for GOLD members £6 non |
| <u>Tuesday</u> | | |
| 10:00 – 11:00 | Full body workout | FREE for GOLD members £6 non |
| <u>Thursday</u> | | |
| 18:30 – 19:30 | Yoga | FREE for GOLD members £5 non |
| <u>Saturday</u> | | |
| 09:30 – 10:30 | Bootcamp | £5 members £7 non |

SILVER members £1 off all classes