

Fitness Classes (1st April - 30th June)

Day	Class	Area	Start:	Duration	Cost		
					Members	Non-member	
Monday	Spin Bike	Pavilion	18:50	45	Free	£8	
	Pilates	Beardwood	19:00	60	Free	£6	
	Bodytone	Pavilion	19:40	45	Free	£6	
	Core Strength	Pavilion	20:30	20	Free	£4	
Tuesday	Kettlebell	Pavilion	18:15	40	Free	£4	
	Yoga	Beardwood	18:30	75	£2	£6	
	Spin Express	Pavilion	19:00	30	Free	£6	
	Aquafit	Pool	19:35	45	Free	£6	
Wednesday	HIIT	Sports Hall	18:30	30	Free	£4	
	Drop In Badminton	Sports Hall	19:00	60	Free	£4	
	Aquafit	Pool	19:00	45	Free	£6	
	Induction	Fitness Suites	19:00	45	Book first. Members Only		
	Spin Bike	Pavilion	19:15	45	Free	£8	
	Yoga	Beardwood	19:15	90	£3	£8	
	Bodytone	Pavilion	20:00	60	Free	£6	
Thursday	Boxfit	Sports Hall	20:00	60	Free	£6	
	HIIT	Sports Hall	18:30	30	Free	£4	
	Pilates	Pavilion	18:30	60	Free	£6	
	Aquafit	Pool	19:10	45	Free	£6	
	Circuits	Sports Hall	19:00	60	Free	£6	
Friday	Supple Strength	Pavilion	20:00	60	Free	£6	
	Non-member Drop In						
	Table Tennis & Badminton	Sports Hall	18:30	120	Free	£4	
Saturday	Basketball	Sports Hall	20:30	60	Free	£4	
	Spin Bike	Pavilion	08:15	45	Free	£8	
	Circuit Training	Pavilion	09:05	45	Free	£6	
Sunday	Zumba	Sports Hall	11:00	60	Free	£6	
	Spin Bike	Pavilion	09:00	45	Free	£8	
	Yoga - Beginners	Pavilion	10:00	60	£2	£6	
	Yoga - Intermediate	Pavilion	11:00	60	£2	£6	
	Gym Induction	Fitness Suites	11:45	45	Book first. Members Only		
	Teen Gym	Fitness Suites	12:30	60	Free	£2	

Tel: 020 8297 9110