

Day	Time	Class	Instructor	Cost	Ladies Only
Monday	5:35-6:20pm	HIIT	Suzanne	£3.50	✓
	6:30-7:15pm	Total Body Conditioning	Suzanne	£3.50	✓
Tuesday	5:45-6:30pm	Zumba	Shaneen	£3.50	✓
	6:40-7:25pm	Wholistic Fusion	Dorett	£3.50	✓
	7:35-9:05pm	Vinyasa Yoga	Chandra	£4.50	
Wednesday	5:00-5:45pm	Fitness Pilates	Georgina	£3.50	
	6:00-6:45pm	Women's Weights	Georgina	£3.50	✓
	7:00-7:45pm	Boxing for Fitness	Lindsay	£3.50	✓
Thursday	6:00-6:45pm	Zumba	Lina	£3.50	✓
	7:00-7:45pm	Kettle Bells	Dorett	£3.50	
Saturday	11:15-12noon	Zumba	Shaneen	£3.50	✓
Sunday	10:00-10:45am	Step	Dorett	£3.50	✓
	11:05-11:50am	Top to Toe	Dorett	£3.50	✓
	1:00-1:45pm	Zumba	Shaneen	£3.50	✓