

:leisure club

fitness classes

Monday	5:15-6:00	BT&T
	6:00-7:00	Step Fusion
	7:00-7:30	Spinning Taster
	7:30-8:30	Boxercise

Tuesday	6:00-7:00	Body Balance
	7:00-8:00	Pump & Tone
	7:00-8:00	Circuits

Wednesday	6:00-7:00	Step Fusion
	7:00-8:00	Pump & Tone
	8:00-8:45	Spinning

Thursday	5:30-6:30	Combat
	6:30-7:15	Spinning
	7:30-8:30	Salsa Aerobics

Friday	5:15-6:15	Body Balance
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Saturday	9:30-10:30	Aerobics
	10:30-11:15	Spinning

Sunday	9:30-10:15	Step Aerobics
	10:15-11:15	Pump & Tone

aerobics

A no fuss workout. Freestyle, fun and fat-burning workout that combines low and high impact moves.

bums, tums & thighs

A workout that gives you a chance to work your lower body to combat those wobbly bits.

boxercise

A martial arts based fitness session that is fun and non-contact, providing a great workout.

circuits

Full body workout involving cardiovascular and resistance exercises to motivating music.

combat

Combination of moves from karate, boxing and other martial arts. Good all body workout.

salsa aerobics

Fun and inclusive class - mixture of aerobics and latin dance.

step

A workout that can be fitted to your own intensity level - using the whole body therefore showing full body results.

step fusion

A full body workout using a mixture of step, aerobics & BTT in 20 minute blasts.

stretch & tone

Controlled breathing exercises to music which improves flexibility and strength, leaving your mind feeling calm and centred.

spinning

Calorie killing at its best, jump on your bike and enjoy a workout without any complicated moves.

pump & tone

Full body workout session, utilising weights to increase your metabolism and body shape.