

Gym4all

Get Fit Pay Less

All Classes need to be booked 1 hour in advance 01268 534421

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Combat 9.30-10.30am Jade	Aerobics 9.30-10.30am Jade	Body Pump 9.30-10.30am Jade	Spin 9.30-10.15am Jade	Combat 9.30-10.15am Jade		Bootcamp 9am-10am Courtney £3 for members
Legs, Bums, Tums 10.30-11.30pm Jade	Circuits Must be booked 10.45-11.30 Tony/Jay		Circuits Must be booked 10.30-11.15 Tony/Jay	Pole Fit 10.45-12.00pm	Zumba 10.15-11.15am Danielle	
			Zumba 10.30-11.30 Danielle £3.50 members			
						Pole Fit 3pm-4.15pm Pammie
Body Pump 6.00-7.00pm Jade	Boxercise 6pm-7pm Taco	Spin 7.45-8.30pm Courtney	Pole Fit 6-7.15pm Pammie	Circuits Must be booked 6pm-6.45pm Kerryann/Jo		
Spin 7-8pm Courtney		Pole Fit 7.30-9.00pm	Spin 7.00-7.45pm Courtney			
			Free FIT CLUB 8.30-9.30 Shelley			