



CLASSES TIMETABLE

TO BOOK PLEASE CALL 01494 776975

	Class	Time	Cost	Intensity
Monday	Core Ball	09.30 – 10.00	£5	Beginner to intermediate
	Circuits Class	19.30 – 20.00	£5	Beginners
Tuesday	Core Ball	19.15 – 19.45	£5	Intermediate to advanced
	Circuits Class	20.00 – 20.45	£5	Intermediate to advanced
Wednesday	Circuits Class	09.30 – 10.00	£5	Beginner to intermediate
Saturday	Ab – Attack	10.00 – 10.30	£5	All

If you are paying by Standing Order or annually you'll receive £30 worth of class vouchers every month.



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