

Sport & Exercise Timetable

BOOK NOW
Advance booking
recommended

MONDAY

5.30-6.15pm	Studio Cycling	(Morgan)
6.30-7.15pm	BODY PUMP	(Chris)
7-8pm	Back to Netball	
7.20-8.05pm	BODY BALANCE	(Chris)
8.10-9pm	Boot Camp	(Morgan)

TUESDAY

5.30-6.30pm	Pilates	(Debbie)
6.30-7.30pm	Pilates	(Debbie)
7.45-8.30pm	Studio Cycling	(Laura)
8.30-9.15pm	BODY BALANCE	(Mel)

WEDNESDAY

6-7pm	BODY PUMP	(Vicky)
7.15-8pm	Studio Cycling	(Adam)
8.10-8.55pm	Studio Cycling	(Adam)

THURSDAY

5.30-6.15pm	Studio Cycling	(Vicky)
6.30-7.30pm	BODYPUMP	(Andy)
7.45-8.30pm	Spin&Circuits**	

FRIDAY

6-7pm	Boot Camp	(Antony)
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SATURDAY

8.45-9.30am	Studio Cycling	(Nick)
9.45-10.45am	BODYPUMP	(Hannah)
10.50-11.50am	BODY BALANCE	(Hannah)

SUNDAY

9.30-10.30am	Yoga	(Pauline)
10.30-11.30am	Chaz Murray Zumba**	

All classes - £7 PAYG

Blue sessions – Not included in membership

Please speak to reception for more information

To book:

T: 0117 916 1034

E: enquiries@sportwellsway.com

Non weight bearing classes – 14+

Weight bearing classes – 16+