

Sport & Exercise Timetable

BOOK NOW
Advance booking
recommended

MONDAY

■ 5.30pm	Studio Cycling	(Morgan)
■ 6.30pm	BODYPUMP	(Chris)
■ 7.00pm	Back to netball	(Chloe)
■ 8.00pm	Boot Camp	(Morgan)

TUESDAY

■ 5.30pm	Pilates	(Debbie)
■ 6.30pm	Pilates	(Debbie)
■ 7.45pm	Studio Cycling	(Laura)

WEDNESDAY

■ 6.00pm	BODY PUMP	(Vicky)
■ 7.15pm	Studio Cycling	(Adam)
■ 8.10pm	Studio Cycling	(Adam)

THURSDAY

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

FRIDAY

■ 6.00pm	Boot Camp	(Antony)
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SATURDAY

■ 8.45am	Studio Cycling	(Nick)
■ 10.00am	BODYPUMP	(Hannah)

SUNDAY

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

14 years+
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