

Sport & Exercise Timetable

BOOK NOW
Advance booking
recommended

MONDAY

■ 5.30pm	Studio Cycling	(Nick)
■ 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	(Nick)

WEDNESDAY

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

THURSDAY

■ 5.30pm	Studio Cycling	(Vicky)
■ 6.30pm	BODYPUMP	(Andy)

FRIDAY

■ 6.00pm NEW!	Boot Camp	(Antony)
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SATURDAY

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

SUNDAY

■ 9.30am	Yoga	(Pauline)
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All classes for ages 16+ only

Members can book 8 days in advance

Non-Members welcome to book 7 days in advance

BODYPUMP, Pilates, & Yoga £5.50 per class

Studio Cycling & Body Conditioning £5 per class

Back to Netball only £4 per session

Book by calling reception on **0117 916 1034**

or email enquiries@sportwellsway.com

Wellsway Sports Centre – Chandag Road – Keynsham