



	CLASS	TIME	INSTRUCTOR	CONTACT
MON	MAC SPINNING (<i>beginner & intermediate</i>)	17:30 to 18:45	Janet	Reception
	FITSTEPS	18:00 to 19:00	Aby	07974565955
	KARATE	19:00 to 20:00	Dave	07984482264
	KARATE	20:00 to 21:00	Dave	07984482264
	THAI BOXING	19:00 to 20:00	Lynn	01782251696
TUES	SPINNING (<i>advanced</i>)	18:00 to 18:45	Andy	07966841667
WED	WALKING NETBALL	10:30 to 11:30	NULBC	01782742575
	MAC SPINNING (<i>beginner & intermediate</i>)	17:30 to 18:45	Janet	Reception
	RUNNING CLUB	18:30	Kenny	Reception
	KUNG FU	19:30 to 20:30	Mike	07720892332
	THURS	BODY FUSION (<i>yoga & pilates</i>)	18:00 to 19:00	Aby
	SWISS BALL	19:00 to 20:00	Aby	07974565955
	FITSTEPS	20:00 to 21:00	Aby	07974565955
FRI	WALKING NETBALL	10:30 to 11:30	NULBC	01782742575
	HATHA YOGA	12:30 to 13:30	Aby	07974565955
	SPINNING (<i>advanced</i>)	18:00 to 18:45	Andy	07966841667
	HATHA YOGA	19:00 to 20:00	Aby	07974565955
SAT				
SUN	ZUMBA	18:00 to 19:00	Aby	07974565955
	HATHA YOGA	19:00 to 20:00	Aby	07974565955
<i>Please contact class instructors for prices</i>				

CALL IN OR TEL: 01782 644504

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