



FITNESS CLASS TIMETABLE

£5 per class for non-members or those without classes in their membership

Book via the D12 app or give us a call on 01267 238022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06.30-07.00 FITTER FASTER STRONGER with Reace	06.30-07.00 SPIN with Nicola	06.30-07.00 HIIT with Ben	06.30-07.00 SPIN with Nicola	06.30-07.00 FITTER FASTER STRONGER with Reace		
	07.00-07.30 FUNCTIONAL FITNESS with Ben		07.00-07.30 FUNCTIONAL FITNESS with Ben		08.30-09.00 BOOTCAMP with Steff	
	13.00-14.00 MASTERS CLASS with Jessie	13.15-14.00 WOMEN'S WEIGHTS with Megan	13.15-13.45 LIIT SPIN with Jessie	13.15-13.45 KETTLEBELLS with Megan	11.00-12.00 KICKBOXING	10.00-11.00 YOGA with Sarah
		17.45-18.15 SPIN with Kieran				
18.30-19.30 FUNKYPUMP	18.00-19.30 KICKBOXING	18.30-19.30 FUNKYPUMP	18.00-19.00 YOGA with Sarah	18.30-19.30 BODY SCULPT with Kieran		
19.30-20.30 KICKBOXING	19.30-20.30 HANDSTAND MASTERCLASS with Reace		19.30-20.30 KICKBOXING	19.30-20.30 KICKBOXING		