



Fitness Class Timetable 2021- 2022

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
08:00 -09:00						((Bounce)) 08:00 -8:45	
09:30 -10:30		Legs Bums & Tums			Total Body Tone		((Bounce)) 09:00 -10:00
12:30-13:30	Pilates £5.00 for All	Pilates £5.00 for All					
19:00 -20:00		((Bounce))	Zumba 19:15 -20:25				
20:00 -21:00	Pilates			((Bounce))			

Class	Description	£ Non Member	£ Member	Area
((Bounce))	This 1 hour class features choreographed dance cardio jumping routines to burn calories fast	Book at bouncefitbody.com		Dance Studio
Legs Bums & Tums	A exercise class designed to target problem areas	£6.50	£5.00	Dance Studio
Pilates	A traditional Pilates class that is designed to invigorate your mind and body	£6.50	£5.00	Dance Studio
Total Body Tone	A full body toning class for all fitness levels	£6.50	£5.00	Dance Studio
Zumba	A great dance workout for all fitness levels.	Fee payable to instructor		Dance Studio