

SPORTS CENTRE

ST MARGARET'S

Gym and Fitness Timetable - Monday 22nd April 2024 onwards

MON	TUE	WED	THU	FRI	SAT	SUN
GYM	GYM	GYM	GYM	GYM	GYM	GYM
6:30-8:45 17:30-21:30	6:00-07:00 17:30-21:30	6:30-8:45 17:30-21:30	6:00-07:00 17:30-21:30	6:30-8:45 17:30-21:30	7:30-5:30	8:00-19:30
	LBT 9:30-10:30			TOP2TOE TONE UP 9:30-10:30		BOUNCE 9:00-10:00
PILATES 12:30-13:30	PILATES 12:30-13:30					
PILATES 20:00-21:00	BOUNCE 19:00-20:00	ZUMBA 19:15-20:15	BOUNCE 19:15-20:15			

Please Note: Timetable is subject to change at any time.

Bounce- book via <https://bookwhen.com/BOUNCEBUSHEY>

Pilates- £5

ZUMBA-Pay Instructor

Top2Toe Tone Up- £6

LBT (Legs Bums Tums) £6

Open Gym Session- Members Only