

SPORTS CENTRE

ST MARGARET'S

School Term Time Gym and Fitness Timetable Monday 6th January- Sunday 6th April

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

MON	TUE	WED	THU	FRI	SAT	SUN
GYM	GYM	GYM	GYM	GYM	GYM	GYM
6:30-8:45 17:30-21:30	6:00-7:00 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	7:30-17:30	7:30-19:30
	LBT 9:30-10:30			TOP2TOE TONE UP 9:30-10:30		BOUNCE 9:00-10:00
PILATES (over 50's) 12:30-13:30	PILATES 12:30-13:30	PILATES (Headtotoeharmony) 19:00-20:00				
PILATES 20:00-21:00	BOUNCE 19:00-20:00	ZUMBA 19:15-20:15				

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

Pilates- £6

Pilates (headtotoeharmony) book via <https://www.headtotoeharmony.co.uk>

ZUMBA-Pay Instructor

Top2Toe Tone Up- £6.50

LBT (Legs Bums Tums) £6.50

Website - www.stmargaretssportscentre.org.uk