

SPORTS CENTRE

ST MARGARET'S

Summer Holiday Gym and Fitness Timetable

Monday 21st July 2025- Sunday 31st August 2025

MON	TUE	WED	THU	FRI	SAT	SUN
GYM	GYM	GYM	GYM	GYM	GYM	GYM
6:30 - 21:30	6:00 - 21:30	6:30 - 21:30	6:00 - 21:30	6:30 - 21:30	7:30 - 17:30	7:30 - 19:30
	LBT			TOP2TOE TONE UP		BOUNCE
	9:30-10:30			9:30-10:30		9:00-10:00
PILATES (over 50's)	PILATES	PILATES Headtotoeharmony				
12:30-13:30	12:30-13:30	19:00-20:00				
(NEW) Total Body Workout			(NEW) Legs Bums & Core			
18:00-19:50			18:00-18:50			
(NEW) Zumba			(NEW) Zumba			
19:00-19:50			19:00-19:50			
PILATES		ZUMBA	BOUNCE			
20:00-21:00		19:15-20:15	19:00-20:00			

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

Website - www.stmargaretsportscentre.org.uk

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

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

ZUMBA Weds - Pay Instructor

Zumba Mon & Tues (ask reception for QR code)

Total Body Workout (ask at reception for QR code)

Legs Bums & Core (ask reception for QR code)

Top2Toe Tone Up- £6.50 at reception

LBT (Legs Bums Tums) £6.50 at reception

Pilates- £6 at reception