

Non members: £5 per class

Priority is given to members when space is limited.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07.00 - 08.00		Spin to win		Spin to win			
09.30 - 10.30	Body Pump	Boot Camp	24	Legs, Bums and Tums	Tone me up	Spin to win 45mins	Sunday Circuits
10.30 - 11.30	Lush Legs	Body Sculpt	Spin to win	Boot Camp	Body Pump	Body Pump	
14.00 - 15.00	Tone me up	Lush Legs	Sexy Circuits	Tone my tummy	Spin to win	Studio for hire 12pm - 4pm 02920 886657	Taekwondo Club with Nicola Howard
18.00 - 18.45 held in Quest main gym	Spin to win	Ultimate Spin	Spin to win	Ultimate Spin	Spin to win		
18.00 - 19.00	Body Sculpt	Fit Box	Sexy Circuits	Box me fit	Sexy Circuits		
19.00 - 20.00	Kettle me up	Legs, Bums and Tums	Richard Rees Extreme Fitness £4	John Rees Extreme Survivor £4			
20.00 - 21.00	Dance me fit	Body Pump	All over flex & stretch	Tone my tummy			
21.00 - 22.00	Salsa						