

## Quest Class Timetable

	MON	TUE	WED	THU	FRI	SAT	SUN
6.30am - 7am	EARLY BIRD SPIN			SPIN			
9.30am - 10.30am	BODYBLAST	LEGS, BUMS, TUMS	SPIN	KETTLEBELLS	CIRCUITS	BODYBLAST	CIRCUITS
10:30am - 11.30am	SPIN	LEGS, BUMS, TUMS			SPIN	SPIN	
4pm - 5pm	CIRCUITS						
6pm - 7pm	SPIN	FITBOX	LEGS, BUMS, TUMS	FITBOX	SPIN		
7pm - 8pm	KETTLEBELLS SPIN		SPIN	SPIN			
8pm - 9pm				PILATES			

To book your class call 02920 886 657