


	Mon	Tue	Wed	Thu	Fri	Sat	Sun
6.15-7.00am	Kettlercise	Spin		Spin			
9.30-10.30am	Legs, Bums & Tums	Bodyblast	Kettlercise (30mins)	Tabata	Circuits	Circuits 9-10am	Circuits
10.30-11.15am	Spin				Spin	<p>Classes are included in Quest Membership.</p> <p>Non members are £4 per class</p> <p>The spin classes with the iQniter logo  are belts only (£1 to rent)</p> <p><b>To book your class</b> please message us on <b>Facebook</b> or call <b><u>02920886657</u></b> (only spin classes need to be booked)</p>	
6.00-6.30pm	Spin 	Fit-box	Kettlercise 6.15-7pm	Fit-Box	Spin 		
6.30-7pm	Spin				Taekwondo 6.15-7.30pm		
7-7.30pm	Insane fitness	Kettlercise	Spin 				
7.30-8pm			Spin				
8-9pm				Pilates			