

**MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY**

6.15 - 6.45	<b>SPIN</b> 	<b>EXPLOSION</b>	<b>NUCLEAR</b>	<b>SPIN</b> 	<b>EXPLOSION</b>		
9.30 - 10.30	<b>45MINS SSS</b> Super Sprint Spin	<b>TITANIUM</b>	<b>KETTLEMANIA</b> 	<b>BODYBLAST</b>	<b>NUCLEAR</b>	<b>NUCLEAR</b>	<b>A V A I L A B L E</b>
5.00 - 6.00 KIDS CLASSES	<b>KIDS BOXING</b> 	<b>KIDS BOOTCAMP</b>	5.30 - 6.30 <b>KIDS SPIN</b> 	<b>KIDS FOOTBALL</b> Ages 5 - 10 		<b>Adults Only SPIN</b> 10.30 - 11.15	<b>L A B L E</b>
6.00 - 7.00	<b>45MINS SPIN</b> 	<b>BOOTCAMP BLAST</b>	<b>KETTLEMANIA</b> 	<b>BOOTCAMP BLAST</b>	<b>(Spin) YELLOW JERSEY</b>		<b>T O</b>
7.00 - 8.00	<b>TITANIUM</b>	<b>DYNAMITE</b> 	(Spin) <b>KING OF THE MOUNTAINS</b>	<b>BOX - FIT</b> 			<b>H I R E</b>

- \* Body Blast - Head 2 Toe Body Workout
- \* Titanium - Total Body Conditioning
- \* Explosion - 30 Mins High Intensity Cardio & Resistant Circuit
- \* Nuclear - Military Type Body Weight Class
- \* Dynamite - Quick Explosive Interval Training

**Tel: 02920 886657**