

Monday	Tuesday	Wednesday	Thursday	Friday
Stretch & Tone (50yrs+) 11:00am – 12:00pm with Ross £5 (PT clients £3)				Stretch & Tone (50yrs+) 11:00am – 12:00pm with Dale £5 (PT clients £3)
Absolute Abs 12:30pm – 1:00pm with Dale £3 (PT clients £2)		Abs & Arms 12:30pm – 1:00pm with Ross £3 (PT clients £2)	Fitness Boxing 12:30pm – 1:00pm with Ross £3 (PT clients £2)	
Total Toning 1:00pm – 1:30pm with Dale £3 (PT clients £2)		Total Toning 1:00pm – 1:30pm with Ross £3 (PT clients £2)	Core Conditioning 1:00pm – 1:30pm with Ross £3 (PT clients £2)	
	Circuit Training 7:30pm – 8:30pm with Steve £5 (PT clients £3)	Fitness Boxing 6:30pm – 7:30pm with Dale £5 (PT clients £3)	Circuit Training 6:30pm – 7:30pm with Dale £5 (PT clients £3)	Fitness Boxing 5:30pm – 6:30pm with Dale £5 (PT clients £3)