

CLASS TIMETABLE

MONDAY

10:00 - 11:00 **METABOLIC CLASS** (Sumeet)
 18:00 - 19:00 **DANCE & TONE** (Athán)
 19:15 - 20:15 **YOGA** (Sumeet)

TUESDAY

09:30 - 10:15 **HIT (HIGH INTENSITY TRAINING)** (Edith)
 10:15 - 11:00 **BOXERCISE** (Edith)
 11:00 - 12:00 **WEIGHTS & ABS TRAINING** (Edith)
 17:15 - 18:15 **BOXFIT** (Sumeet)
 19:00 - 20:00 **DANCE & TONE** (Athán)

WEDNESDAY

09:30 - 10:30 **DANCE & TONE** (Athán)
 10:30 - 11:00 **ABS/CORE** (Edith)
 12:00 - 12:45 **CHAIR FITNESS** (Edith) **[BEGINNERS]**
 13:00 - 13:15 **EXPRESS PLANK CHALLENGE** (Edith)
 18:30 - 19:30 **ZUMBA** (Zee) **(Ladies Only)**

THURSDAY

09:30 - 10:15 **BUMS TUMS & GUNS** (Edith)
 10:15 - 11:00 **STEP CIRCUIT** (Edith)
 11:00 - 12:00 **SOCERCISE** (Edith)
 12:00 - 12:15 **EXPRESS PUSH UP & CORE CHALLENGE** (Edith)
 18:15 - 19:15 **YOGA** (Sumeet)

FRIDAY

09:30 - 10:30 **DANCE FIT** (Lucy)
 10:30 - 11:00 **KETTLEBELLS** (Edith)
 11:00 - 11:45 **SHAKEROBIC** (Edith)
 12:00 - 13:00 **YOGALATES & JOINT MOBILITY & MEDITATION** (Edith)
 19:15 - 20:15 **STRENGTH TRAINING** (Sumeet)

**ALL CLASSES WILL TAKE PLACE IN THE
 DANCE STUDIO UNTIL FURTHER NOTICE**

**THE TIMETABLE IS SUBJECT TO
 CHANGE IN CERTAIN CIRCUMSTANCES
 (I.E. INSTRUCTOR ILLNESS OR
 HOLIDAY)**

CLASS PRICES FOR NON MEMBERS:

30 MINS : £3.00

45 - 60 MINS : £5.00

75 MINS+ : £6.50



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