

FITNESS TIMETABLE



	Monday	Tuesday	Wednesday	Thursday	Friday
12:10 – 12:50		CYCLE Emily		LIFT Tom	MUAY THAI
13:10 – 13:50	PILATES Vicky		AAA ATTACK Vicky		FUNCTIONAL FRIDAY Mark
17:10 – 17:50	CIRCUITS Robin		SGT		BOXING Robin

Fitness Classes are free to staff and students within your Sports Complex Membership, subject to booking and availability. You must pre-book your space on a class and register your attendance with a member of staff at reception before the Fitness Class takes place.

4 WEEK PROGRAM

Small Group Training and Muay Thai will be running as a 4 week program in the lead up to the Easter Break. Book on while it's on!