Blackbrook Pavilion

Fitness Class

Week beginning Monday 9 July

Monday 9 July

TIME	ACTIVITY	TYPE	ADULT	CONCES.
09:30 - 10:25	BODY ATTACK	Fitness	£5.50	£4.20
10:30 - 11:25	BODYBALANCE	Fitness	£5.50	£4.20
14:00 - 15:00	Line Dancing - Beginners			
17:30 - 18:25	BODYPUMP	Fitness	£5.50	£4.20
18:30 - 19:25	BODYSTEP	Fitness	£5.50	£4.20
19:40 - 20:35	ZUMBA			

Tuesday 10 July

TIME	ACTIVITY	TYPE	ADULT	CONCES.
10:00 - 10:55	Movers & Shakers			
11:30 - 12:25	PILATES	Fitness	£5.50	£4.20

17:30 - 18:25	CIRCUIT TRAINING	Fitness	£5.50	£4.20
17:50 - 18:45	BODY ATTACK	Fitness	£5.50	£4.20
18:30 - 19:25	CIRCUIT TRAINING	Fitness	£5.50	£4.20
18:50 - 19:50	BODYPUMP	Fitness	£5.50	£4.20
20:05 - 21:00	SALSA DX	Fitness	£5.50	£4.20

Wednesday 11 July

TIME	ACTIVITY	TYPE	ADULT	CONCES.
09:30 - 10:25	BODYSTEP	Fitness	£5.50	£4.20
10:30 - 11:25	BODYPUMP	Fitness	£5.50	£4.20
14:00 - 15:00	Line Dancing - Improvers			
18:00 - 18:55	BODYJAM	Fitness	£5.50	£4.20
19:00 - 19:55	BODYSTEP	Fitness	£5.50	£4.20
20:05 - 21:00	KETTLERCISE	Fitness	£5.50	£4.20

Thursday 12 July

TIME	ACTIVITY	TYPE	ADULT	CONCES.

09:30 - 10:30	KETTLERCISE	Fitness	£5.50	£4.20
17:30 - 18:25	KETTLERCISE	Fitness	£5.50	£4.20
18:30 - 19:25	BODY ATTACK	Fitness	£5.50	£4.20
19:40 - 20:35	BODYPUMP	Fitness	£5.50	£4.20

Friday 13 July

TIME	ACTIVITY	TYPE	ADULT	CONCES.
09:30 - 10:25	BODYJAM	Fitness	£5.50	£4.20
10:30 - 11:25	BODYBALANCE	Fitness	£5.50	£4.20
17:00 - 17:55	YOGA	Fitness	£5.50	£4.20
18:00 - 18:55	BODYSTEP	Fitness	£5.50	£4.20
18:45 - 19:45	CIRCUIT TRAINING	Fitness	£5.50	£4.20
19:00 - 19:55	BOXERCISE	Fitness	£5.50	£4.20

Saturday 14 July

TIME	ACTIVITY	TYPE	ADULT	CONCES.
09:30 - 10:25	BODYPUMP	Fitness	£5.50	£4.20

Sunday 15 July

TIME	ACTIVITY	TYPE	ADULT	CONCES.
09:30 - 10:25	BODYSTEP	Fitness	£5.50	£4.20
10:30 - 11:25	BOXERCISE			