Blackbrook Pavilion

Fitness Class

Week beginning Monday 20 May

Monday 20 May

TIME	ACTIVITY	TYPE	ADULT	CONCES.
06:45 - 07:30	GX REVOLUTION	Fitness	£5.50	£4.20
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	Fitness	£N/A	£N/A
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	Fitness	£5.50	£4.20

Tuesday 21 May

TIME	ACTIVITY	TYPE	ADULT	CONCES.
10:00 - 10:55	MOVERS AND SHAKERS	Fitness	£N/A	£N/A

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
20:00 - 20:55	PILATES	Fitness	£5.50	£4.20

Wednesday 22 May

TIME	ACTIVITY	TYPE	ADULT	CONCES.
06:45 - 07:30	GX REVOLUTION	Fitness	£5.50	£4.20
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	Fitness	£N/A	£N/A
17:30 - 18:15	GX REVOLUTION	Fitness	£5.50	£4.20
18:30 - 19:25	BODYJAM	Fitness	£5.50	£4.20
19:30 - 20:25	BODYSTEP	Fitness	£5.50	£4.20

Thursday 23 May

TIME	ACTIVITY	TYPE	ADULT	CONCES.
09:30 - 10:25	KETTLERCISE	Fitness	£5.50	£4.20
10:45 - 11:30	GXR CIRCUITS	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 24 May

TIME	ACTIVITY	TYPE	ADULT	CONCES.
06:45 - 07:30	GX REVOLUTION	Fitness	£5.50	£4.20
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 - 19:40	CIRCUIT TRAINING	Fitness	£5.50	£4.20
19:00 - 19:55	BOXERCISE	Fitness	£5.50	£4.20

Saturday 25 May

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

Sunday 26 May

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