

CLASS TIMETABLE

MONDAY

8.30am - 9.00am
Cycle Fit ●

9.45am - 10.30am
Stretch and Tone ●
(Pilates)

10.45am - 11.30am
Aqua Aerobics ●

5.45pm - 6.15pm
Kettleblitz ●

6.15pm - 7.00pm
Legs, Bums and Tums ●

7.15pm - 7.45pm
Abs Blast ●

7.45pm - 8.45pm
DPB Boxing ● ● ●

TUESDAY

9.30am - 10.30am
Zumba ●

1.00pm - 2.30pm
Iyengar Yoga with Liz ●
(£7 non members)

5.45pm - 6.30pm
Cycle Fit XL ●

7.00pm - 8.00pm
The Jungle Body ● ● ●

8.00pm - 8.45pm
DPB Boxing ● ● ●

WEDNESDAY

8.30am - 9.00am
Cycle Fit ●

9.30am - 10.30am
Body Tone ●

10.45am - 11.30am
Aqua Aerobics ●

6.15pm - 7.00pm
Legs Bums and Tums ●

7.00pm - 7.30pm
Cycle Blast ● ● ●

7.30pm - 8.00pm
Abs Blast ●

8.00pm - 8.45pm
DPB Boxing ● ● ●

THURSDAY

9.30am - 10.15am
Cycle Fit XL ●

9.00am - 11.30am
Puddleducks

11.00am - 12.00pm
Yoga with Becci ●

5.45pm - 6.15pm
Kettleblitz ●

6.30pm - 7.30pm
Zumba ●

FRIDAY

9.30am - 10.30am
Zumba ●

10.45am - 11.30am
Stretch and Tone ●
(Pilates)

5.30pm - 6.00pm
Cycle Blast ● ● ●

6.30pm - 7.15pm
Circuits ● ● ●

SATURDAY

10.30am - 12.30pm
Iyengar Yoga with Liz ●
(£5 members, £7 non
members)