

## Group Fitness Timetable

<b>MONDAY</b>	10.00 – 11.00	<b>Balance</b>	Rose	FX T
	18.00 – 19.00	<b>Circuits/BTC</b>	Ben	C F S T
	19.00 – 20.00	<b>BTC</b>	Neil	C F S T
<b>TUESDAY</b>	09.30 – 10.30	<b>Legs Bums &amp; Tums</b>	Ben	S T F
	18.30 – 19.30	<b>BTC</b>	Team	C F S T
	19.30 – 20.30	<b>PUMP</b>	Helen	S T F
<b>WEDNESDAY</b>	09.30 – 10.30	<b>Circuits</b>	Ben	C F S T
	18.00 – 19.00	<b>Step</b>	Marie	C F T
	18.00 – 18.45	<b>SPIN</b>	Christine	C F T
	19.00 – 19.30	<b>Core Extreme</b>	Marie	T S CORE
	19.30 – 20.30	<b>Balance</b>	Rachel	FX T
<b>THURSDAY</b>	09.30 – 10.30	<b>Conditioning</b>	Vicki	C F T
	18.00 – 19.00	<b>PUMP</b>	Helen	S T F
	19.00 – 20.00	<b>BTC</b>	Team	C F S T
	20.00 – 21.00	<b>MAXERCISE</b>	Team	MA C F
<b>FRIDAY</b>	09.30 – 10.30	<b>Conditioning</b>	Jo	C F T
<b>SATURDAY</b>	09.30 – 10.30	<b>Balance</b>	Rachel	C F T
	11.00 – 12.00	<b>BTC</b>	Neil	C F S T
	12.30 – 13.30	<b>Karate</b>	Audun Daniels	MA
	15.00 – 16.00	<b>MAXERCISE</b>	Mac	MA C F
<b>SUNDAY</b>	10.00 – 11.00	<b>SPIN</b>	Team	C F
	10.00 – 11.00	<b>BTC</b>	Team	C F S T

Cardiovascular (C) Martial Arts (MA) Fatburner (F) Toning (T) Strength (S) Flexibility (FX)

**Class Fees for Non-Members: £5.00**

Please book classes in advance to guarantee a place and enable us to contact you should we need to. Fortnocks reserves the right to change or cancel classes at short notice if the need arises. Tel: 01384 401408

\*\*Separate to Fortnocks and is not included in Fortnocks gym membership