

PLEASE MAKE YOURSELF FAMILIAR WITH THE **CLASS GUIDELINES**

- MAX 20 PPL PER CLASS
- NO SWEAT/NECK TOWELS
- PLEASE BRING OWN YOGA MAT
- ALL MEMBERS WILL BE TEMPERATURE CHECKED PRIOR TO CLASS
- FOLLOW ALL SIGNAGE
- REMAIN SOCIALLY DISTANCED AT ALL TIMES
- WIPES, SPRAYS AND SANITISER ARE AVAILABLE AND WE ASK YOU PLEASE USE REGULARLY
- CLASSES MUST BE BOOKED MINIMUM OF 24 HOURS IN ADVANCE

MONDAY

SPIN	JANET	9:15am - 10am
YOUNG @ HEART	LINDA	10:15am - 11:15am
BODY PUMP	EMMA	11:30am - 12:30pm
YOGA	JEN HEB	12:45pm - 1:45pm
SPIN & FAT BLAST	NICOLA D	6:30pm - 7:15pm
PILATES	NICOLA D	7:30pm - 8:15pm

TUESDAY

SPIN	NICOLA D	6:45am - 7:30am
YOGA	JEN HEB	9:15am - 10:15am
AEROBICS	JANET	10:30am - 11:30am
SPIN	JANET	11:45am - 12:30pm
BODY PUMP	JULIE	6pm - 7pm
PILATES	MARINA	7:15pm - 8:15pm

WEDNESDAY

SPIN & HIIT	NICOLA D	6:45am - 7:30am
SPIN & WEIGHTS	EMMA	9:15am - 10am
YOUNG @ HEART	EMMA	10:15am - 11:15am
YOGA	LORRAINE	11:30am - 12:30pm
BODY PUMP	JULIE	6pm - 7pm
SPIN	JANET	7:15pm - 8pm

THURSDAY

SPIN & ABS	BARTEK	6:45am - 7:30am
SPIN & HIIT	CAROL	9am - 10am
BODY PUMP	EMMA	10:15am - 11:15am
YOGA	JENNI W	11:30am - 12:30pm
VLSOD	VICKY	3:45pm - 6pm
SPIN	SYLVIA	6:15pm - 7:15pm
YOGA	DONNA M	7:30pm - 8:30pm

FRIDAY

SPIN & ABS	NICOLA D	6:45am - 7:30am
YOGA EXPRESS	JEN HEB	9:30am - 10:15am
STEP/TONING	JANET	10:30am - 11:15am
YOUNG @ HEART	EMMA	11:30am - 12:30pm
PILATES	NICOLA D	12:40pm - 1:40pm
BODY PUMP	JULIE	6pm - 7pm

SATURDAY

YOGA	JEN HEB	9am - 10am
SPIN	NICOLA D	10:15am - 11am

SUNDAY

SPIN & WEIGHTS	BARTEK	10am - 11am
HIITSTEP	BARTEK	11:15am - 12pm

**TO BOOK:
0141 639 9222**

CLASSES ARE HELD IN THE **FITNESS STUDIO**