

April 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 6.00pm-6.30pm Boxercise Taster	2 10.45am-11.15am Gym Essentials	3	4 7.30pm-8.00pm IGNITE Taster	5	6	7
8 6.00pm-6.30pm Gym Essentials	9	10 10.45am-11.15am Gym Essentials	11	12	13	14
15 10.45am-11.15am Gym Essentials	16	17 7.30pm-8.00pm Gym Essentials	18 7.30pm-8.00pm IGNITE Taster	19	20	21
22	23 10.45am-11.15am Gym Essentials	24 5.45pm-6.15pm Gym Essentials	25 8.15pm-8.45pm Gym Essentials	26	27	28
29	30 10.45am-11.15am Gym Essentials					

EVENTS

Gym Essentials

A relaxed 30 minute session perfect for people on trials and new members. You'll be in a small group and a manager or instructor will show you some essential gym exercises which will help you build confidence and make your workouts as

Class Tasters

Short, gentle, slow-paced tasters in some of our most popular group exercise classes. If you've been keen to have a go, then these are the perfect opportunity.

Key events next month

Tue 7th May, 7.30pm-8.30pm:
Boxercise & IGNITE Outdoor Special
Sat 11th May, 7.30pm-9.30pm:
Adult Roller Disco