

EVENTS, WORKSHOPS & TASTERS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29 APR	30 Apr	1	2	3	4
9.15am TASTER - Ignite	10.45am BASICS - Abs and Core	5.15pm: BASICS - Stretch	7.30pm: TASTER - Ignite	10.45am: BASICS - Weights for Women	11.15am: BASICS - Big Calorie Burners
		7.30pm: BASICS - Weights for Women	8.15pm: BASICS - Big Calorie Burners		
6	7	8	9	10	11
BANK HOLIDAY Centre open 8am-1pm (no classes)	7.00pm: EVENT - Boxercise/Ignite	2.30pm: BASICS - Big Calorie Burners	8.15pm: BASICS - Abs and Core	10.45am: BASICS - Weights for Women	11.15am: BASICS - Abs and Core
					7.30pm: EVENT - Adult Roller Disco
13	14	15	16	17	18
6.00pm: TASTER - Boxercise	10.45am: Manager's Coffee Morning	10.45am: BASICS - Abs and Core	7.30pm: TASTER - Ignite	10.45am: BASICS - Big Calorie Burners	11.15am: BASICS - Weights for Women
7.30pm: EVENT - Beginners Running Club Launch	7.30pm: BASICS - Abs and Core		8.15pm: BASICS - Weights for Women		
20	21	22	23	24	25
6.00pm: TASTER - Ignite	10.45am: BASICS - Big Calorie Burners	2.30pm: BASICS - Weights for Women		10.45am: BASICS - Abs and Core	11.15am: BASICS - Big Calorie Burners
	7.30pm: BASICS - Weights for Women				
27	28	29	30	31	01 JUN
BANK HOLIDAY Centre open 8am-1pm (no classes)	7.30pm: BASICS - Big Calorie Burners	2.30pm: BASICS - Weights for Women	7.30pm: TASTER - Ignite	10.45am: BASICS - Weights for Women	11.15am: BASICS - Abs and Core
			8.15pm: BASICS - Abs and Core		

ABOUT

BASICS

Relaxed 30-minute sessions perfect for people on trials and new members. You'll be in a small group and an instructor will show you some essential exercises which will help build confidence and make your workouts as effective as possible.

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.

Summer Sports Day - Sunday 7th July

Come and join us for some family fun at our traditional Summer Sports Day. We'll have bbq, bar, live music and plenty of fun and games for the whole family from 12pm-3pm. Free entry for all, no booking needed.