

Fitness Timetable September 2020

Classes are available to members and non-members.

Membership gives advanced booking privileges, and no limits to the number of classes you can attend

Monday	07.00-07.30	H.I.I.T	18.45-19.15	Kettlebells
	08.30-09.00	Bootcamp	19.00-20.00	Hatha Yoga
	09.30-10.00	Express Spin	19.30-20.00	Express Spin
	10.15-11.00	Parent & Baby Spin		
	12.00-13.00	Pilates		
	17.15-17.45	H.I.I.T		
	18.00-18.30	H.I.I.T		
	18.00-18.45	Spin		
Tuesday	07.00-07.30	H.I.I.T	18.00-18.45	Bums, Tums & Thighs
	08.30-9.00	Kettlebells	18.00-18.30	Express Spin
	09.30-10.00	Express Spin	18.00-19.00	Vinyasa Yoga
	10.15-10.45	Express Spin	19.00-19.45	Spin
	11.00-11.45	Zumba	19.00-19.30	ParkShred
	12.00-13.00	Hatha Yoga		
	17.15-17.45	H.I.I.T		
Wednesday	07.00-07.30	H.I.I.T	17.15-18.00	Spin
	07.45-08.15	Express Spin	18.15-19.00	Kettlebells
	09.30-10.00	Express Spin	19.00-20.00	Fitness Pilates
	10:15-11:00	Parent & Baby Kettlebells	19.15-20.00	Spin
	12.00-13.00	Pilates		
	17.15-17.45	Bootcamp		
Thursday	07.00-07.30	H.I.I.T	17.15-17.45	Express Spin
	07.45-08.15	Express Spin	18.00-18.45	Bums, Tums & Thighs
	09.30-10.00	Kettlebells	18:00-19:00	Yin Yoga
	10.15-10.45	ParkShred	18.45-19.15	H.I.I.T
	11.00-11.45	Zumba	19.30-20.00	Express Spin
	12.00-13.00	Hatha Yoga		
	17.15-17.45	H.I.I.T		
Friday	07.00-07.30	H.I.I.T	12.00-13.00	Pilates
	08.30-09.00	Bootcamp		
	09.30-10.00	Express Spin		
	10.15-10.45	Express Spin		
Saturday	08.00-08.30	H.I.I.T		
	08.00-09.00	Fusion Yoga		
	08.45-09.15	Express Spin		
	09.30-10.00	Kettlebells		
	10.15-11.00	Spin		
Sunday	08.15-08.45	Core30		
	09.00-09.45	Spin		
	10.00-10.30	H.I.I.T		

Park Fitness membership holders, our gym opening times are as follows:

Mon-Thur 07.00-20.00

Friday 07.00-18.00

Sat & Sun 08.00-17.00