

NEW CLASS TIMES & VENUES

BOXERCISE

MON	6.00PM - 7.00PM High School
	7.00PM - 8.00PM High School
WED	7.00PM - 8.00PM High School
THURS	6.00PM - 7.00PM High School
FRI	7.00PM - 8.00PM Leisure Centre



MON	8.00PM - 9.00PM High School
TUE	8.00PM - 9.00PM Leisure Centre
WED	12.00PM - 12.45PM Leisure Centre



SPIN FIT

MON - THURS	1.00PM - 1.45PM Leisure Centre
	6.00PM - 6.45PM Leisure Centre
	7.00PM - 7.45PM Leisure Centre
FRI	1.00PM - 2.00PM Leisure Centre
	6.00PM - 6.45PM Leisure Centre



AEROBICS

WEDNESDAY	6.00PM - 7.00PM High School
THURSDAY	7.00PM - 8.00PM High School

SPACES ARE LIMITED FOR ALL CLASSES SO PLEASE COME TO RECEPTION DESK OR PHONE 704359 TO BOOK YOUR PLACE NOW