



LADIES CLASSES HELD DAILY

MONDAY

Class 1	Spin Class	Morning	9:45am - 10:30am	Instructor Shabana
Class 2	Box-Fit	Evening	5 pm - 6 pm	Instructor Azra

TUESDAY

Class 1	Step/Tone	Morning	9:45am - 11 am	Instructor Azra
Class 2	Yoga/Pilates	Evening	5 pm - 6 pm	Instructor Shabana
Class 3	Step	Evening	6 pm - 7 pm	Instructor Abby

WEDNESDAY

Class 1	Aerobics	Morning	9:45am - 11 am	Instructor Azra
Class 2	Hiit/Boxing	Evening	5:30pm - 6:30pm	Instructor Suraya

THURSDAY

Class 1	Yoga/Pilates	Morning	9:45am - 10:45am	Instructor Shabana
Class 2	Step/Toning	Evening	5 pm - 6 pm	Instructor Azra

FRIDAY

Class 1	Circuit	Morning	9:30am - 10:30am	Instructor Shabana
Class 2	Spin Class	Evening	5 pm - 6 pm	Instructor Suraya
Class 3	Total Body Workout	Evening	6 pm - 7 pm	Instructor Abby

*Please Note Class 3 are Private Classes. Charges may Apply
Address: Gwendolen Road, Leicester, LE5 5FL