



# Ladies Classes

## Monday

**09:45 - 10:45**

**Body Toning**

**Azra**

**17:00 - 18:00**

**Boxercise**

**Azra**

## Tuesday

**09:45 - 10:45**

**Body Pump/ Step**

**Azra**

**17:00 - 18:00**

**Football**

**Suraya**

## Wednesday

**09:45 - 10:45**

**Legs Bums & Tums**

**Azra**

**17:00 - 18:00**

**Body Toning**

**Suraya**

## Thursday

**09:45 - 10:45**

**Cardio / Pilates**

**Azra**

**17:00 - 18:00**

**Body Conditioning**

**Azra**

## Friday

**09:45 - 10:45**

**Stretching**

**Nazia**

★ **CLASSES Free For Members** ★

★ **Non-members Fee £3.00** ★

\*T&C Apply. classes may be cancelled or changed without prior notice