

STUDIO CLASSES

Club Active

Tuesday 2.00-2.45pm

With poppy

5 th Sep	Studio Mix
12 th Sep	TBW
19 th Sep	Fitness Yoga
26 th Sep	Studio Mix
3 rd Oct	Circuits
10 th Oct	Group Cycle
17 th Oct	Fitness Yoga
24 th Oct	Studio Mix
31 st Oct	Core/Stretch

Thursday 1.45-2.30pm

With Haley

7 th Sep	Aqua
14 th Sep	Cycle
21 st Sep	Fitness Pilates
28 th Sep	Gym session
5 th Oct	Studio Mix
12 th Oct	Aqua
19 th Oct	Circuits
26 th Oct	Trx

Club active is a class on the timetable for men and women, the session offers a variety of classes and activities for our more mature members and those new to exercise.

Please come along any week and join in the fun sessions planned by
Poppy and Haley

