

# OUNDLE FITNESS

## FITNESS CLASS TIMETABLE

### MON

08:30 - 09:15	SPIN
09:30 - 10:15	SPIN
10:30 - 11:15	BODY BLAST
15:45 - 16:45	YOGA
17:10 - 17:40	HIIT
17:45 - 18:15	SPIN
18:20 - 19:05	SPIN
19:15 - 20:00	SPIN
20:10 - 20:55	BOXERCISE 🥊

### TUES

09:00 - 09:55	PILATES ADVANCED
10:05 - 11:00	PILATES
17:30 - 18:15	PILATES ADVANCED
18:15 - 19:00	PILATES
18:15 - 19:00	BOOTCAMP 🥊
19:15 - 20:00	SPIN

### WEDS

08:30 - 09:15	SPIN
09:30 - 10:15	BODY BLAST
11:00 - 11:30	META HIIT
15:30 - 16:30	RIP UP
17:15 - 17:45	STRETCH AND FLEX
17:45 - 18:30	FIT STEPS
18:35 - 19:15	CIRCUITS
19:20 - 20:05	KETTLE FITNESS
20:10 - 20:50	20/20 - HIIT/STRETCH

### THUR

08:30 - 09:15	SPIN
09:30 - 10:15	SPIN
13:30 - 14:30	PILATES
17:15 - 17:45	META HIIT
18:00 - 19:00	BOOTCAMP 🥊
18:00 - 18:45	SPIN
19:00 - 19:45	ZUMBA
20:00 - 20:45	PURE TONE

### FRI

08:30 - 09:10	SPIN + HIIT
09:30 - 10:15	SPIN
10:45 - 11:30	PURE TONE
13:30 - 14:30	PILATES

### SAT

08:00 - 09:00	BOOTCAMP 🥊
09:15 - 10:00	KETTLE FITNESS
10:15 - 11:00	SPIN

**FREE FOR GOLD MEMBERS**  
**NON-MEMBERS**  
**£6.00**  
**PER CLASS**

🥊 **OUTSIDE CLASSES**



Cancellation policy applies - full payment will need to be paid if you fail to notify the club 4 hours prior to class time

Call: **01832 27 33 37** | Email: **info@oundlefitness.com**

Oundle Fitness, 33 Nene Valley Business Park, Oundle PE8 4HN

