

OUNDLE FITNESS

FITNESS CLASS TIMETABLE - JAN 2019

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	META 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
10:05 - 11:00	PILATES ADVANCED
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
11:45 - 12:30	ZUMBA
15:30 - 16:30	RIP UP 🥊
17:00 - 17:30	STRETCH
17:30 - 18:15	FIT STEPS
18:20 - 19:00	CIRCUITS
19:00 - 19:40	KETTLES
19:45 - 20:30	SPIN

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	ZUMBA
19:00 - 19:45	SPIN
20:00 - 20:45	PURE TONE

FRI

08:30 - 09:10	SPIN + HIIT
09:30 - 10:15	SPIN
10:45 - 11:30	PURE TONE
11:45 - 12:30	PURE TONE
13:30 - 14:30	PILATES

SAT

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

🌩️ 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

