

Fitness Class Timetable		Time	Location	Member	Non-Member
Mon	Spin	08:30 - 09:15	The Studio	FREE	£6.00
	Spin	09:30 - 10:15	The Studio	FREE	£6.00
	Body Blast	10:30 - 11:15	The Studio	FREE	£6.00
	Yoga	15:45 - 16:45	The Studio	FREE	£6.00
	HIIT	17:00 - 17:30	The Studio	FREE	£6.00
	Spin	17:45 - 18:15	The Studio	FREE	£6.00
	Spin	18:20 - 19:05	The Studio	FREE	£6.00
	Spin	19:15 - 20:00	The Studio	FREE	£6.00
	Boxercise	20:10 - 20:55	Outside	FREE	£6.00
Tues	Pilates	09:00 - 09:50	The Studio	FREE	£6.00
	Pilates	10:10 - 11:00	The Studio	FREE	£6.00
	Pilates	17:30 - 18:15	The Studio	FREE	£6.00
	Pilates	18:15 - 19:00	The Studio	FREE	£6.00
	Bootcamp	18:15 - 19:00	Outside	FREE	£6.00
	Spin	19:15 - 20:00	The Studio	FREE	£6.00
Weds	Spin	08:30 - 09:15	The Studio	FREE	£6.00
	Body Blast	09:30 - 10:15	The Studio	FREE	£6.00
	HIIT	11:00 - 11:30	The Studio	FREE	£6.00
	Rip Up	15:30 - 16:30	Outside	FREE	£6.00
	Zumba (Starts FEB 2018)	17:30 - 18:15	The Studio	FREE	£6.00
	Circuits	18:30 - 19:15	The Studio	FREE	£6.00
	Kettle Fitness	19:20 - 20:05	The Studio	FREE	£6.00
Thur	Spin	08:30 - 09:15	The Studio	FREE	£6.00
	Spin	09:30 - 10:15	The Studio	FREE	£6.00
	Circuits	10:30 - 11:15	The Studio	FREE	£6.00
	Bootcamp	18:00 - 19:00	Outside	FREE	£6.00
	Spin	19:00 - 19:45	The Studio	FREE	£6.00
Fri	Spin	08:30 - 09:15	The Studio	FREE	£6.00
	Spin	09:30 - 10:15	The Studio	FREE	£6.00
	Pure Tone	10:45 - 11:30	The Studio	FREE	£6.00
	Pilates	13:30 - 14:15	The Studio	FREE	£6.00
	Pilates	14:15 - 15:00	The Studio	FREE	£6.00
Sat	Bootcamp	08:00 - 09:00	Outside	FREE	£6.00
	Kettle Fitness	09:15 - 10:00	The Studio	FREE	£6.00
	Spin	10:15 - 11:00	The Studio	FREE	£6.00

Sun Take a day off - you've earned it!

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

