



ADULT TIMETABLE

PLEASE CONTACT THE TEACHER DIRECTLY FOR CLASS INFORMATION AND BOOKINGS

MONDAY

8.15PM – 9PM – BURN FITNESS WITH VICKY (Main Hall)

CONTACT VICKY – Vicky@s74productions.co.uk

Tel; 07780 463663

Runs as a course throughout the year. Please email for more info

TUESDAY

10AM – 11AM – PILATES (Studio 1)

CONTACT HELEN – [helittle 5@hotmail.com](mailto:helittle5@hotmail.com)

Tel; 07779 129926

7.30PM – 9.30PM – LATIN FITNESS CLASS (MAIN HALL)

CONTACT LAUREN OR MIKE – laurenandmike@live.com

WEDNESDAY

7.30PM-8.30PM – MEN'S BOOTCAMP

CONTACT MIKE MILLEN – mikem53@me.com

THURSDAY

9.15AM-10.15AM- PILATES (MAIN HALL)

CONTACT SONIA – phyxpilates.sa@gmail.com

7.30PM-8.30PM (DOORS OPEN 7.15PM) –ZUMBA (MAIN HALL)

CONTACT SAM – samdancefit@gmail.com

Tel: 07860 861 433

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