

Group Exercise Timetable



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
PERSONAL TRAINING AVAILABLE SEE THE TEAM 6:30am– 22:00pm	PERSONAL TRAINING AVAILABLE SEE THE TEAM 6:30am– 22:00pm	PERSONAL TRAINING AVAILABLE SEE THE TEAM 6:30am– 22:00pm	PERSONAL TRAINING AVAILABLE SEE THE TEAM 6:30am– 22:00pm	PERSONAL TRAINING AVAILABLE SEE THE TEAM 6:30am– 21:00pm	PERSONAL TRAINING AVAILABLE SEE THE TEAM 7:00am– 20:00pm	PERSONAL TRAINING AVAILABLE SEE THE TEAM 7:00am– 20:00pm
AQUA FIT CHRISTIE 10:30am– 11:10am		AQUA FIT LAURA 10:00am– 10:40am		AQUA FIT Rebecca 10:00am– 10:40am	SWIMMING LESSONS 09:00am– 13:00pm	
AQUA FIT CHRISTIE 11:20am– 12:00am	AQUA TOTS PRIVATE GROUP 12:00pm– 12:30pm		SWIMMING LESSONS 15:00pm– 19:00pm	AQUA FIT Rebecca 10:40am– 11:30am		
SWIMMING LESSONS 15:00pm– 19:00pm	SWIMMING LESSONS 15:00pm– 19:00pm	SWIMMING LESSONS 15:00pm– 19:00pm	BOX FIT DENE 18:00pm– 18:45pm	SWIMMING LESSONS 15:00pm– 19:00pm		
	CIRCUITS DENE 18:00pm– 18:45pm		FAT BURN DENE 18:45pm– 19:30pm			
	LBT DENE 18:45– 19:30pm	AQUA FIT JAMIE 19:00pm– 19:40pm	AQUA NATAL PRIVATE GROUP 19:00pm– 19:50pm			

- You Fit exercise classes are open to all members and cater for all fitness levels, allowing you to workout at your own pace and within your own comfort level. Your class instructor will provide exercise variations to suit your ability.
- If you are attending a group exercise class for the first time please inform the instructor prior to the start of the class.
- Group exercise classes are free to members. There may be a small additional charge for some holistic or specialist classes as noted on the timetable.
- All class times include the set-up and take-down of equipment.
- We advise you contact the club prior to attending the activity to ensure the class is running, or check our club facebook page.
- Advance booking is recommended. Please contact the club reception for further details.

Holistic
 Holistic activities help to improve suppleness and flexibility. They are also an excellent way to reduce stress levels and to restore your energy levels.

Strength & Conditioning
 Strength and conditioning classes are the perfect way to tone your muscles and shape your body.

Cardio and Calorie Burn
 These activities are energetic workouts which raise your heart rate and help to burn those calories.

Swimming Lessons

Specialist
 Specialist themed activities and classes



Take a picture or visit our website youfitclubs.co.uk to view our class timetable.

