

# BS7

SPORTS & FITNESS CLUB

## Class list

MONDAY	<u>Beginner Body Conditioning</u>	5.45PM – 6.30PM
	<u>Body Conditioning</u>	6.30PM – 7.30PM
	<u>Boxercise</u>	7.45PM – 8.45PM
TUESDAY	<u>Pilates</u> - Beginners	6PM – 7PM
	- Intermediate	8PM – 9PM
	- Advanced	7PM – 8PM
	<u>Spinning</u>	6.30PM – 7.15PM
WEDNESDAY	<u>Mums, Bums &amp; Tums</u>	See instructor for details
	<u>Circuits</u>	6PM – 7PM
	<u>Yoga</u>	7.30PM – 8.30PM
THURSDAY	<u>Circuits</u>	12.00PM – 1.00PM
	<u>Beginners Spinning</u>	7.00PM – 7.45PM
FRIDAY	<u>Buggy Fit</u>	10.00AM – 11.00AM
	<u>Spinning</u>	6.30PM – 7.15PM
SATURDAY	<u>Yoga</u>	9.10AM – 10.10AM
SUNDAY	<u>Spinning</u>	10AM – 10.45AM

For details or advice regarding any of the classes, please see a member of staff. Alternatively visit our website at [www.BS7gym.co.uk](http://www.BS7gym.co.uk) for an overview of each class

CLASSES ARE £3 EACH FOR MEMBERS OR £4 FOR NON-MEMBERS

**DISCOUNTED** 10 CLASS PASSES ARE AVAILABLE AT £20 FOR MEMBERS OR £30 NON-MEMBERS

MUMS, BUMS & TUMS COURSES ARE £30 MEMBERS OR £35 NON-MEMBERS FOR THE 6 WEEK COURSE.

PILATES 6 WEEK COURSES ARE £30 MEMBERS OR £40 NON-MEMBERS (advance booking only)