

SAINTS HEALTH & FITNESS - CLASS TIMETABLE					
MORNING Classes (AM)			**EVENING Classes (PM)**		
Day	***Class***	***Time (AM)***	***Day***	***Class***	***Time (PM)***
Monday	RUSH CLASS	07:00-07:30	Monday	ENGINE 60*	18:00-19:00
	SPINNING	09:15-10:00			
	STRENGTH & STRETCH*	10:00-10:45			
Tuesday	TOTAL FITNESS*	09:15-10:00	Tuesday	SPIN CIRCUIT	18:00-18:45
	YOGA OR PILATES*	10:00-10:45			
Wednesday	RUSH CLASS	07:00-07:30	Wednesday	THE MIX*	18:00-18:45
	LEGS, BUMS & TUMS*	09:15-10:00		SPINNING	18:15-19:00
	SPINNING	09:30-10:15			
Thursday	PERFORMANCE*	09:15-10:00	Thursday	HOT KETTLEBELLS	18:00-18:30
	OVER 50'S STRENGTH & STRETCH*	10:00-10:45		HOT PILATES	18:30-19:00
Friday	RUSH CLASS	07:00-07:30	Friday		
	BURN IT*	09:15-10:00		**TELEPHONE: 01745 856212** **EMAIL:** contact@saintsgym.info Classes with a * at the end will be outdoors weather permitted	
Saturday	ENGINE 45*	07:00-07:45	Saturday		
	BOX & BURN*	09:15-10:00			
	YOGA OR PILATES*	10:00-10:45			
Sunday			Sunday		