



**SAINTS HEALTH & FITNESS - CLASS TIMETABLE**

<b>MORNING Classes (AM)</b>			<b>EVENING Classes (PM)</b>		
<i>Day</i>	<i>Class</i>	<i>Time (AM)</i>	<i>Day</i>	<i>Class</i>	<i>Time (PM)</i>
Monday	RUSH CLASS	07:00-07:30	Monday	FULL BODY CARDIO CIRCUIT	18:00-18:45
	STRENGTH & STRETCH*	10:00-10:45		SPINNING	18:45-19-15
	SPINNING	09:30-10:15			
Tuesday	FIT TONE*	09:15-10:00	Tuesday	BURN IT CLASS	18:00-18:45
	YOGILATES*	10:00-10:45			
Wednesday	RUSH CLASS	07:00-07:30	Wednesday	STRENGTH CLASS	18:00-18:45
	SPINNING	09:30-10:15		SPINNING	18:15-19:00
Thursday	FIT TONE*	09:15-10:00	Thursday	SWEAT CLASS	18:00-18:45
	OVER 50'S STRENGTH & STRETCH*	10:00-10:45			
Friday	RUSH CLASS	07:00-07:30	Friday	SPINNING	17:45-18:15
	HOUR OF CHANGE FITNESS*	09:15-10:00			
Saturday	BOXFIT/BOX CIRCUIT*	09:15-10:00	Saturday	<p align="center"> <b>TELEPHONE: 01745 856212</b>  <b>EMAIL: <a href="mailto:saintshealthandfitness@btconnect.com">saintshealthandfitness@btconnect.com</a></b>            Classes with a * at the end will be outdoors weather permitted         </p>	
	PILATES*	10:00-10:45			
Sunday			Sunday		