



SAINTS HEALTH & FITNESS - CLASS TIMETABLE

| MORNING Classes (AM) | | | EVENING Classes (PM) | | |
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| <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/BOXFIT CIRCUIT | 17:45-18:30 |
| | HOUR OF CHANGE FITNESS* | 09:15-10:00 | | | |
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| Saturday | BOXFIT/BOX CIRCUIT* | 09:15-10:00 | Saturday | <p>TELEPHONE: 01745 856212 EMAIL: saintshealthandfitness@btconnect.com Classes with a * at the end will be outdoors weather permitted</p> | |
| | PILATES* | 10:00-10:45 | | | |
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| Sunday | | | Sunday | | |
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