

Aspire2fitness Class Timetable

Monday

Studio 1 - Spin - 18:00-18:45

Studio 1 - Body pump - 19:00-19:45

Tuesday

Studio 1 - Body combat - 18:00-18:45

Studio 2 - Yoga - 18:30-19:30

Studio 1 - Zumba toning - 19:00-19:45

Studio 2 - Pilates - 19:30-20:30

Wednesday

Studio 1 - Zumba step - 18:00-18:45

Studio 1 - Spin - 19:00-19:45

Thursday

Studio 1 - Body combat - 18:00-18:45

Studio 1 - Body pump - 18:45-19:30

Saturday

Studio 1 - Spin - 9:00-9:45

Studio 1 - Zumba - 10:30-11:30 (Alternating Saturdays)

Studio 2 - Yoga - 9:00-10:00