

Find the class that suits your lifestyle



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING 6.30am till 10am			7.15 - 8.00 S1 <b>Bootcamp Marcela</b>				
	9.30 - 10.15 S3 <b>Cycle Lucy</b>	9.30 - 10.15 S3 <b>Cycle Fliss</b>	9.30 - 10.30 S1 <b>Fighting Fit Nicci</b>	9.30 - 10.30 S1 <b>Pump FX Fliss</b>	9.30 - 10.30 S2 <b>Pilates Fusion Ebrina</b>	9.00 - 9.45 S3 <b>Cycle Fliss</b>	9.15 - 10.00 S3 <b>Cycle Lucy</b>
	9.30 - 10.30 S1 <b>BLT Sharon</b>	9.30 - 10.15 S1 <b>Aerotone Sharon</b>	9.30 - 10.15 S3 <b>Gentle Cycle Fliss</b>	9.30 - 10.30 S2 <b>Pilates Ebrina</b>	9.30 - 10.15 S1 <b>Step Sharon</b>	9.00 - 10.00 S2 <b>Pilates Ebrina</b>	
						9.00 - 9.45 S1 <b>Bootcamp Marcela</b>	
DAYTIME 10am till 5pm	10.30 - 11.15 S1 <b>Pump FX Sharon</b>	10.30 - 11.15 POOL <b>Aqua Fliss</b>	10.30 - 11.15 S3 <b>Cycle Fliss</b>	10.30 - 11.15 S3 <b>Cycle Marcela</b>	10.30 - 11.15 S1 <b>BLT Sharon</b>	10.00 - 11.00 S2 <b>Body Conditioning Ebrina</b>	10.15 - 11.15 S2 <b>Power Yoga Deniz</b>
	10.30-11.30 S2 <b>Gentle Pilates Ebrina</b>	10.30 - 11.15 S2 <b>Ball, Core &amp; More Sharon</b>	10.45 - 11.30 POOL <b>Aqua Nicci</b>	10.45-11.30 S1 <b>Hi/Lo Fliss</b>	10.30 - 11.15 S3 <b>Cycle Lucy</b>	10.00 - 10.45 S3 <b>Cycle Marcela</b>	
	11.30 - 12.15 S1 <b>Mature Movers Sharon</b>	10.30 - 11.15 S1 <b>Salsa Tone Marcela</b>	11.30 - 12.15 S1 <b>Pump FX Marcela</b>	10.30 - 11.30 S2 <b>Yogalates Deniz</b>	11.30 - 12.15 S2 <b>Ball, Core &amp; More Sharon</b>		
	12.30 - 1.15 POOL <b>Aqua Sharon</b>	11.30 - 12.15 S2 <b>Fitness Ballet Kirsty</b>		11.30 - 12.15 S2 <b>Fitness Ballet Kirsty</b>	12.15 - 1.00 POOL <b>Aqua Fliss</b>		
				12.30 - 1.15 S1 <b>Mature Movers Fliss</b>			
	1.30 - 2.30 S2 <b>Yoga 4 All Karin</b>		1.30 - 2.30 S2 <b>Yoga 4 All Karin</b>				
EVENING 5pm till 10pm	5.30 - 6.30 S1 <b>Groove Kirsty</b>	6.30 - 7.15 S3 <b>Cycle Nicci</b>	5.30 - 6.30 S1 <b>Groove Kirsty</b>	5.30 - 6.15 S1 <b>Fighting Fit Nicci</b>	5.30-6.15 S1 <b>Pump FX Marcela</b>	5.15 - 6.15 S1 <b>Groove Kirsty</b>	
	6.30 - 7.15 S1 <b>Salsa Tone Marcela</b>	6.30 - 7.30 S1 <b>Pilates Ebrina</b>	6.30 - 7.15 S3 <b>Cycle Marcela</b>	5.30 - 6.15 S3 <b>Cycle Marcela</b>	5.30 - 6.15 S2 <b>Fitness Ballet Kisty</b>		
	6.30 - 7.15 S3 <b>Cycle Fliss</b>	7.30 - 8.15 S1 <b>Blast FX Nicci</b>	6.30 - 7.15 S2 <b>Fitness Ballet Kirsty</b>	6.30 - 7.15 S1 <b>Pump FX Nicci</b>	6.30 - 7.15 S3 <b>Cycle Marcela</b>		
	7.30 - 8.15 S1 <b>Pump FX Fliss</b>	7.30 - 8.15 S3 <b>Cycle Lucy</b>	6.30 - 7.15 S1 <b>Cardio Sharon</b>	6.30 - 7.15 S3 <b>Cycle Hayley</b>	6.30 - 7.15 S1 <b>Dance &amp; Cheer Kirsty</b>		
	7.30 - 8.15 S3 <b>Cycle Lucy</b>	7.30 - 8.30 S2 <b>Pilates Fusion Ebrina</b>	7.30 - 8.30 S1 <b>Pump FX Sharon</b>	6.30 - 7.30 S2 <b>Power Yoga Deniz</b>			
	8.15 - 9.00 S1 <b>Fitness Yoga Fliss</b>	8.15 - 9.15 S1 <b>Dance Fusion Kirsty</b>	8.15 - 9.15 S2 <b>Yoga 4 All Karin</b>	7.30 - 8.15 POOL <b>Aqua Nicci</b>			
				7.15 - 8.15 S1 <b>Bootcamp Marcela</b>			



**A is for Aerobic.** Work your heart and lungs, burn calories, and improve cardiovascular fitness, get up and get moving.

**C is for Conditioning.** Improve your overall body tone, a class to condition and strengthen your body.

**E is for Escape.** Relax your mind by improving flexibility and posture, an excellent way to keep fit and reduce stress.

DW Sports Fitness Club Canterbury, Maybrook Retail Park, Vauxhall Road CT1 1ZQ Tel: 0844 372 5358

