Week commencing 22-5-17	9am	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm
Sunday													
Monday										Metafit 6-6.20pm (free to members £3 non-members)			
Tuesday											7-8pm **Beginners IYENGAR** Yoga free to members/ £6 non-members		
Wednesday										Zumba 6-6.45pm (£5 members & non-members)	Metafit 7-7.20pm (free to members £3 non-members)		
Thursday		Booty builder 10-11am (free to members £6 non-members)								6-7pm **IYENGAR** Intermediate Strength & Conditioning Yoga free to	7.15-8.15pm Circuits/Functional Fitness (free members £6 non-members)		
Friday								Teen #lovelifting 4-5pm 6 week block payment in advance from 14 years					
Saturday		#SaturdaySesh 10-11.30am Stacey Brown £10 members & non-members (Girls only)											