Week commencing 8-4-18	9am	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm
Sunday													
Monday													
Tuesday		**Silver Strength Training** 10.30-11.30am(Over 60's class in the main gym building confidence & making friends) Free to members/£3 non-members									HIIT Cardio class 7.15-8pm free to members/£6 nOn-members		
Wednesday											Core Balance 7-8pm free to members/£6 non-members		
Thursday										Iyengar Yoga 6-7pm (free to members/£6 non-members)	7.15-8.15pm Circuits/Functional Fitness (free members £6 non-members)		
Friday					1-2pm Ali- group PT Sutherland rugby club			4-5.30pm Senior Cheerleading Private booking Fitness suite - Jan Trumble					
Saturday													