

MONDAY	6:45 – 7:30 8:00-8:45 GRIT CAMP James	10:00 – 10:45 Body Design Claire	11:00 – 11:45 Healthy Hearts Claire		Spin Kat 17:15-17:45	18:00 – 18:45 Free Weights Kat	18:45– 19:15 Aerobics Kat	19:15 – 20:00 Chill Yoga Laura
TUESDAY		9:30 - 10:00 HIIT Claire		11:00 – 11:30 Rehab Strength Kat		5:45-6:30pm GRIT CAMP Aaron	18:30 – 19:15 Cardio Boxing Kat	
WEDNESDAY	6:45 – 7:30 8:00-8:45 GRIT CAMP Aaron	9:30 - 10:15am ZUMBA Sandra	11:00 – 11:45 Healthy Hearts Kat	12:00 – 12:45 Pilates Molly	17:00 – 17:30 Spin Aaron	17:30 – 18:10 Spin Claire	18:30 – 19:00 Ab Attack Nig	19:00 - 19:45 Circuits Nig
THURSDAY	8:00-8:45 GRIT CAMP Aaron	9:30-10:30am Flow Yoga Laura	11am Pilates and Stretch Kat			5:45-6:30pm GRIT CAMP Aaron	18:00 – 18:45 Fitness Pilates Nig	
FRIDAY	8:00-8:45 GRIT CAMP Aaron	10:00 – 10:45 Step & Pump Claire	11:00 – 11:45 Healthy Hearts Claire			Spin Kat 17:30-18:15	18:30 – 19:15 Cardio Boxing Kat	
SATURDAY	8:00-8:45 GRIT CAMP James	9:00 – 9:30 Spin Aaron / Kat	9:45 – 10:30 Circuits Aaron / Kat	4:45-5:30 Feel the Inferno Oly	Ask about our Small Group PT membership – PT at times that suit you 3 times a week			
SUNDAY		9:50-10:20 Spin & Squat Ellis	10:30-11:15 Yoga Philly		All classes are in studio or in gym and the classes highlighted in GREEN live streamed too (Racquets Facebook classes group – please ask to join)			

GRIT CAMP
(RACQUETS BOOTCAMPS)

Workouts that change and challenge you daily

Included in Platinum and Small Group PT memberships

Information about class changes are given out via the Racquets Classes facebook group and on the Gym Buddies Whatsapp. Please ask via memberships@racquets-fitness-centre.com for access to both or either

Prebook classes via reception, on phone 01844 261754 or email memberships@racquets-fitness-centre.com

Classes with less than 5 pre-booked may be cancelled