

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

**GRIT CAMP**  
(RACQUETS BOOTCAMP)

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](mailto: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](mailto:memberships@racquets-fitness-centre.com)

Classes with less than 5 pre-booked may be cancelled