

<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		17:15 - 17:45 <b>Spin</b> Kat	18:00 – 18:45 <b>Free Weights</b> Kat	18:45 – 19:15 <b>Aerobics</b> Kat	19:15 – 19:45 <b>Chill Yoga</b> Laura
<b>TUESDAY</b>		9:30 - 10:00 <b>HIIT</b> Claire	10:00 - 10:15 <b>Stretch</b> Claire	11:00 – 11:30 <b>Rehab Strength</b> Kat		18:30 – 19:15 <b>Cardio Boxing</b> Kat		Callum 19:15 - 20:00 <b>GRIT CAMP</b>	<b>Youphoria</b> <b>Dance</b> 19:30-20:30
<b>WEDNESDAY</b>	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		17:15 – 18:00 <b>Spin</b> Mixed Instructors	18:30 – 19.00 <b>Ab Attack</b> Nig	19:00 - 19:45 <b>Circuits</b> Nig	Outside Class £5 for members Contact 07584 416212
<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> James		18:00 – 18:45 <b>Fitness Pilates</b> Nig	
<b>FRIDAY</b>	6:00 - 6:45 <b>Spin</b> Aaron	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		17:30 – 18:15 <b>Spin</b> Kat		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> Mixed Instructors	9:45 – 10:30 <b>Circuits</b> Mixed Instructors	4:45 - 5:30 <b>Spin &amp; Squat</b> Callum
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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> Callum	10:30 - 11:15 <b>Yoga</b> Philly
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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 is 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