

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		17:15 - 17:45 Spin Kat	18:00 – 18:45 Free Weights Kat	18:45 – 19:30 Aerobics Kat	19:15 – 20:00 Chill Yoga Laura
TUESDAY		9:30 - 10:00 HIIT Claire	10:00 - 10:15 Stretch Claire	11:00 – 11:30 Rehab Strength Kat		18:30 – 19:15 Cardio Boxing Kat		Callum 19:15 - 20:00 GRIT CAMP	Youphoria Dance 19:30-20:30
WEDNESDAY	8:00 - 8:45 GRIT CAMP Aaron	9:30 - 10:15am ZUMBA Sandra		11:00 – 11:45 Healthy Hearts Kat		17:15 – 18:00 Spin Mixed Instructors	18:30 – 19.00 Ab Attack Nig	19:00 - 19:45 Circuits Nig	Outside Class £5 for members Contact 07584 416212
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 James		18:00 – 18:45 Fitness Pilates Nig	
FRIDAY	6:00 - 6:45 Spin Aaron	8:00 - 8:45 GRIT CAMP Aaron	10:00 – 10:45 Step & Pump Claire	11:00 – 11:45 Healthy Hearts Claire		17:30 – 18:15 Spin Kat		18:30 – 19:15 Cardio Boxing Kat	

SATURDAY	8:00 - 8:45 GRIT CAMP James	9:00 – 9:30 Spin Mixed Instructors	9:45 – 10:30 Circuits Mixed Instructors	4:45 - 5:30 Spin & Squat Callum
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Ask about our Small Group PT membership – PT at times that suit you 3 times a week

SUNDAY		9:50 - 10:20 Spin & Squat Callum	10:30 - 11:15 Yoga 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 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