

Group Exercise Class Timetable

BOOK NOW
Advance booking
recommended

MONDAY

5.30-6.15pm	Studio Cycling	(Morgan)
6.30-7.15pm	BODY PUMP	(Chris)
7.20-8.05pm	BODY BALANCE	(Chris)
8.10-9pm	Boot Camp	(Morgan)

TUESDAY

5.30-6.30pm	Pilates	(Debbie)
6.30-7.30pm	Pilates	(Debbie)
7.45-8.30pm	Studio Cycling	(Morgan)
8.30-9.15pm	BODY BALANCE	(Mel)

WEDNESDAY

6-7pm	BODY PUMP	(Vicky)
7.15-8pm	Studio Cycling	(Adam)
8.10-8.55pm	Studio Cycling	(Adam)

THURSDAY

5.30-6.15pm	Studio Cycling	(Vicky)
6.30-7.30pm	BODYPUMP	(Andy)
7.45-8.45pm	BarreX	(Chaz and Alex)

FRIDAY



SATURDAY

8.45-9.30am	Studio Cycling	(Pru)
9.45-10.45am	BODYPUMP	(Hannah)
10.50-11.50am	BODY BALANCE	(Hannah)

SUNDAY

9.30-10.30am	Yoga	(Pauline)
--------------	------	-----------

All classes - £7 PAYG

To book:

T: 01179161034

E: scenquiries@wellswaymat.com

Or book online at www.sportwellsway.com

Non weight bearing classes – 14+

Weight bearing classes – 16+

