

FITNESS CLASSES

MONDAY

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- Yoga - 9:30am - 90 mins - £8
- Bootcamp - 6:30pm - 60 mins - £5

TUESDAY

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- HIIT - 8:00am - 30 mins - £5
- Yoga - 9:30am - 90 mins - £8
- Aqua aerobics - 9:30am - 60 mins - £5
- Circuits 6:00pm - 60 mins - £5 - until 22nd May

WEDNESDAY

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- Pilates 9:30am - 60 mins - £6
- Legs, Bums & Tums - 6:30 - 60 mins - £5

TO BOOK CONTACT...

matthew@unastives.co.uk
01736 257 000

FITNESS CLASSES

Thursday

- HIIT - 8:00am - 30 mins - £5
- Yoga - 9:30am - 90 mins - £8
- Aqua aerobics - 9:30am - 60 mins - £5
- Over 40's Karate - 6:00pm - 60mins - £8
- Go Sup - 7:00pm - 60mins - £10

Friday

- Pilates - 9:30am - 60 mins - £6

Saturday

- Yoga - 8:30 - 45 mins - £5
- Foundation Training 9:30 - 90 mins - £10

TO BOOK CONTACT...

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