

658 FITNESS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING						
		8:45am (45 mins)	8:45am (45 mins)	9:00pm (30 min)	9:00am (60 mins)	9:15am (45 mins)
		Pilates (Beginner)	Stretch & Tone	SPINtervals (Cycling)	Les Mills BODYCOMBAT	SPIN (Cycling)
		Karen	Pauline	Sophie	Theo	Sophie/Karen
9:00am (60 mins)	9:30am (60 mins)	9:30am (60 mins)	9:30am (60 mins)	9:30am (60mins - 30/30)	10:00am (45 mins)	10:00am (30 mins)
Aerobics & Conditioning	Step & Abs	Pump & Tone	Les Mills BODYCOMBAT	Kettlebells & Core	Attack & Tone	Abs Express
Pauline	Karen	Karen	Theo	Sophie	Diane	Sophie/Karen
	10:30am (60 mins)	10:30pm (30 min)				10:30am (30 mins)
	Pilates	SPINtervals (Cycling)				Legs & Bums Express
	Karen	Karen				Sophie/Karen
EVENING						
			5:30pm (30 min)	5:45pm (45 mins)	OPENING HOURS Monday - Thursday 8am - 9:30pm Friday 8am - 8:30pm Saturday & Sunday 9am - 2pm For class descriptions and bookings visit www.658fitness.co.uk/classes Download our APP - search 'MemberMe+' in the app store. Follow us: facebook.com/658fitness instagram.com/658fitness **Yoga not included in Membership	
			SPINtervals (Cycling)	SPIN (Cycling)		
			Gary	Gary		
6:00pm (60 mins)	6:00pm (60 mins)	6:00pm (30 mins)	6:15pm (45 mins)			
Pilates	Les Mills BODYCOMBAT	H.I.I.T. Express	Circuit Training			
Sophie	Theo	Sophie	Gary			
7:00pm (45 mins)	7:00pm (45 mins)	6:30pm (60 mins)	7:00pm (60 mins)			
H.I.I.T.	Spin (Cycling)	Les Mills BODYPUMP	Pilates			
Sophie	Sophie	Sophie	Sophie			
7:45pm (45 mins)	8:00pm** (90 mins - £6)	8:00pm** (90 mins - £6)	8:00pm** (60 mins - £5)			
SPIN (Cycling)	Yoga - Hatha	Yoga - Gentle	Yoga - Hatha/Vinyasa			
Sophie	Hazel	Julie	Amanda			