

MONDAYS

9.45am - 10.45am	BODY STEP	(Crèche available)
11.00am - 11.45am	Pilates	(Crèche available)
5.30pm - 6.30pm	Body combat	
6.40pm - 7.40pm	Aerobics and tone	
6.45pm - 7.30pm	Spinning	
7.30pm - 8.30pm	BODY PUMP	

TUESDAYS

9.45am - 10.45am	BODY COMBAT	(Crèche available)
10.50am - 11.35am	Kettle bell -cardio tone	new (Crèche available)
10.50am - 11.50am	BODY VIVE	
1.30pm - 2.45pm	HEART FIT – includes a cup of tea or coffee	
5.30pm - 6.30pm	BODY STEP	
5.45pm - 6.30pm	Spinning	
6.40pm - 7.40pm	BODY PUMP	
6.40pm - 7.40pm	<i>BODY ATTACK</i>	

WEDNESDAYS

9.45am - 10.45am	BODY STEP	(Crèche available)
9.45am - 10.30am	Kettle bell -cardio tone	new
5.30pm - 6.30pm	<i>BOOT CAMP</i>	
5.30pm - 6.15pm	<i>Kettle bell -cardio tone</i>	new
6.45pm - 7.30pm	Spinning	
7.30pm - 8.30pm	BODY PUMP	

THURSDAYS

9.45am - 10.45am	BODY COMBAT	(Crèche available)
10.55am - 11.20am	30 minute BODY PUMP	(Crèche available)
1.30pm - 2.45pm	HEART FIT – includes a cup of tea or coffee	
5.30pm - 6.30pm	BODY STEP	
5.30pm - 6.30pm	BODY PUMP	
6.30pm - 7.00pm	Kettle bell -cardio tone	new
6.40pm - 7.40pm	<i>BODY COMBAT</i>	

FRIDAY

9.45am - 10.45am	<i>BODY ATTACK and Body Pump</i>	(Crèche available)
5.45pm - 6.30pm	Kettle bell -cardio tone	new
6.30pm - 7.15pm	PILATES	

SATURDAYS

10.00am - 10.30am	Kettle bell -cardio tone	new
10.30am - 11.30am	BODY STEP	(Crèche available)

Have you seen the latest craze on the Biggest Loser?
 We are proud to bring you Kettle bell weight management sessions.
 Wednesdays 9.15am and Wednesday 5.30pm.
 Please ask at reception for more information

<u>THE GYM IS OPEN:</u>	Monday	9.00am – 9.00pm
	Tuesday	9.00am – 9.00pm
	Wednesday	9.00am – 9.00pm
	Thursday	9.00am – 9.00pm
	Friday	9.00am – 7.30pm
	Saturday	9.00am - 3.00pm

No membership required, sessions available for men, women and children.

Please check our new web site on www.ds-training.co.uk
 Telephone 877770 for more details