

# CLASSES

ALL CLASSES @FALMER SPORTS CENTRE AND ARE BOOKABLE ONLINE

13 JUN 22 - 25 SEP 22

## Monday

18:30 - 19:15 ZUMBA WITH ORLANDO

## Tuesday

18:00 - 18:45 SPIN WITH HARRISON

18:50 - 19:20 AB ATTACK WITH HARRISON

## Wednesday

17:30 - 18:15 BODY MAX WITH ADRIAN

## Thursday

17:45 - 18:30 SPIN WITH BRYAN

18:30 - 19:30 YOGA 60 WITH CLARE

## Friday

17:30 - 18:15 HIIT WITH KAT

## Saturday

10:05 - 11:05 YOGA 60 WITH CLARE

11:10 - 11:55 HOOP FIT WITH CLARE

## Sunday

08:45 - 09:30 YOGA FLOW WITH SANDY

Timetable subject to change. See live online timetable in advance of sessions for latest slots & changes.

Non attendance or cancelling within three hours of your session will result in the standard non member charge for that activity being applied to your membership.



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