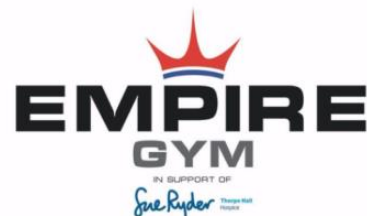


New Class Timetable

All Classes FREE to Members!



Other Than Sunday Circuits - £6 with 50p To Sue Ryder Thorpe Hall Hospice

Non-Members Welcome for £6 per class with 50p going directly to Sue Ryder Thorpe Hall Hospice

Mondays:

6:00pm – 6:30pm – Les Mills 'SPRINT' Cycle – With Pauline Davies
(Les Mills 'SPRINT' is offered at no other Gym in Greater Peterborough)

Tuesdays:

9:30am – 10:00am – Metafit – With Chris Shingles
10:00am – 11:00am – Silver Circuits – With Matt/Dave Weston
7:00pm – 8:00pm – Les Mills Bodypump – With Pauline Davies

Wednesdays:

6:30pm – 7pm – Metafit – With Chris Shingles
7:30pm – 8:15pm – Boxercise/Core Blast – With Dave Weston/Vicki Millar
(Week-about rotation)

Thursdays:

7pm – 7:45pm – Empire Indoor Cycling – With Vicki Millar
8:30pm – 9pm – Late Les Mills 'SPRINT' Cycle – With Pauline Davies
(Les Mills 'SPRINT' is offered at no other Gym in Greater Peterborough)

Fridays:

6:30pm – 7:15pm – Friday Functional HIIT – With Matt/Dave Weston

Saturdays:

9:30am – 10:15am – Empire Saturday Cycle – With Vicki Millar

Sundays:

9:30am – 10:30am – Empire Sunday Circuits – With Matt Weston



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