



Active4Less Wombourne Studio Timetable

Monday			
09:30 - 10:30	Spinning	All Levels	Spin Studio
10:30 - 11:30	Legs Bums and Tums	All Levels	Dance Studio
17:15 - 18:00	Spinning	All Levels	Spin Room
17:15 - 18:00	Kettle Bells	All Levels	Main Studio
18:00 - 19:00	Pump and Tone (NEW)	All Levels	Dance Studio
18:15 - 19:15	Spinning	All Levels	Spin Studio
19:00 - 20:00	TRX	All Levels	Gym Floor
19:15 - 20:15	Spinning	All Levels	Spin Studio
19:15 - 20:15	Kombat (NEW)	All Levels	Dance Studio
20:15 - 21:00	TRX	All Levels	Main Studio
Tuesday			
06:30 - 07:30	Functional Fitness (NEW)	All Levels	Gym Floor
09:30 - 10:30	Spinning	All Levels	Spin Studio
10:30 - 11:30	TRX (NEW)	All Levels	Main Studio
17:15 - 18:15	Spinning (NEW)	All Levels	Spin Studio
18:15 - 19:00	Legs Bums and Tums	All Levels	Dance Studio
18:15 - 19:00	Spinning	All Levels	Spin Studio
19:15 - 20:00	Zumba (NEW)	All Levels	Dance Studio
19:15 - 20:15	Spinning	All Levels	Spin Studio
Wednesday			
09:30 - 10:30	Spinning	All Levels	Spin Studio
10:30 - 11:00	Kettle Bells	All Levels	Dance Studio
11:00 - 11:30	TRX	All Levels	Main Studio
11:30 - 12:30	Yoga * (NEW)	All Levels	Dance Studio
17:00 - 17:45	TRX (NEW)	All Levels	Dance Studio
17:15 - 18:00	Spinning	All Levels	Spin Studio
18:15 - 19:15	Spinning	All Levels	Spin Studio
19:00 - 20:00	TRX (NEW)	All Levels	Gym Floor
19:15 - 20:00	Spinning	All Levels	Spin Studio
20:00 - 21:00	Yoga * (NEW)	All Levels	Main Studio
Thursday			
06:30 - 07:30	Functional Fitness (NEW)	All Levels	Gym Floor
09:30 - 10:30	Legs Bums and Tums	All Levels	Dance Studio
09:30 - 10:15	Spinning (NEW)	All Levels	Spin Studio
17:00 - 18:00	TRX (NEW)	All Levels	Main Studio

17:15 - 18:00	Spinning (NEW)	All Levels	Spin Studio
18:15 - 19:15	Legs Bums and Tums	All Levels	Dance Studio
18:15 - 19:15	Spinning	All Levels	Spin Studio
19:15 - 20:15	Zumba (NEW)	All Levels	Dance Studio
19:15 - 20:00	Spinning	All Levels	Spin Studio
Friday			
09:30 - 10:30	Spinning	All Levels	Spin Studio
10:30 - 11:30	Functional Fitness (NEW)	All Levels	Dance Studio
17:15 - 18:00	Spinning (NEW)	All Levels	Spin Studio
17:30 - 18:15	Legs Bums and Tums (NEW)	All Levels	Dance Studio
18:15 - 19:15	Spinning	All Levels	Spin Studio
Saturday			
09:30 - 10:30	Spinning	All Levels	Spin Studio
Sunday			
10:00 - 10:45	Spinning	All Levels	Spin Studio

* There may be a charge for this class

Studio timetable for Active4Less Gym & Fitness Club, Wombourne - 01902 893900

3rd October, 2018

<http://wombourne.active4less.com/>