

MEDINA FITNESS CLASS TIMETABLE



MON TUES WED THURS FRI SAT SUN

CYCLONE 9.30-10.15AM CLAIRE	CYCLONE 9.30-10.15AM HOLLY	CYCLONE 9.30-10.15AM AMIE	CYCLONE 9.30-10.15AM AMIE	CYCLONE 9.45-10.30AM CLAIRE	CYCLONE 9.30-10.15AM AJ	CYCLONE 9.30-10.15AM SARA
CYCLONE 5.30-6.15PM AJ	CYCLONE 5.30-6.15PM CLAIRE	BODY CON 5.30-6.15PM SARA	COMING SOON!	BOOTCAMP 5.30-6.15PM AJ	COMING SOON!	COMING SOON!
BOOTCAMP 6.45-7.30PM SARA	BUMS & TUMS 7.30-8.15PM SARA	CYCLONE 6.45-7.30PM SARA	COMING SOON!	CYCLONE 6.45-7.30PM AMIE	COMING SOON!	COMING SOON!

CLASS KEY

INDOOR
CYCLING CLASS

CARDIO/TONE
CLASS

45-minute classes

£5 per session

Find out more about our fitness
classes at 1leisure.co.uk

