

THE HEIGHTS FITNESS CLASS TIMETABLE



MON TUES WED THURS FRI SAT SUN

CYCLONE 9.30-10.15AM ANDY	CYCLONE 9.30-10.15AM TIM/ANDY	CYCLONE 9.30-10.15AM ANDY	CYCLONE 9.30-10.15AM ANDY	CYCLONE 9.30-10.15AM TIM/ANDY	CYCLONE 9.30-10.15AM CLAIRE	CYCLONE 9.30-10.15AM WENDY
CYCLONE 5.30-6.15PM WENDY/TIM	BODY CON 5.30-6.15PM RENEE	CYCLONE 5.30-6.15PM TIM/ZIPPY	COMING SOON!	CYCLONE 5.30-6.15PM CLAIRE	COMING SOON!	COMING SOON!
BOOTCAMP 7.30-8.15PM ZIPPY/TIM	COMING SOON!	BUMS & TUMS 7.30-8.15PM ZIPPY	COMING SOON!	BOOTCAMP 7.30-8.15PM ZIPPY/TIM	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

