

## FITNESS CLASSES

### MONDAY

7:15 - 7.45 AM  
 8:30 - 9.15 AM  
 9:30 - 10.15 AM  
 5:30 - 6.15 PM  
 5:45 - 6.30 PM  
 6:30 - 7.15 PM

FIRE UP (30 MINS)  
 BOOT CAMP  
 FITNESS PILATES  
 BOOT CAMP  
 FITNESS PILATES  
 INSANITY

LARISA  
 DAN  
 LARISA  
 DAN  
 LARISA  
 DAN

### TUESDAY

7:15 - 7.45 AM  
 8:30 - 9.15 AM  
 9:30 - 10.15 AM  
 5:30 - 6.15 PM  
 6.00 - 6.50 PM  
 6:30 - 7.15 PM

FIRE UP (30 MINS)  
 CIRCUITS  
 LEGS, BUMS, CORE & DANCE  
 CIRCUITS  
 YOGA  
 SPINNING

LARISA  
 DAN  
 LARISA  
 LARISA  
 HEATHER  
 DAN

### WEDNESDAY

8:30 - 9.15 AM  
 9:30 - 10.15 AM  
 10:30 - 11.15 AM  
 5:30 - 6.15PM  
 6:30 - 7.15PM

INSANITY  
 STRETCHING  
 FIT MOM & BABY  
 INSANITY  
 STRETCHING

DAN  
 DAN  
 LARISA  
 DAN  
 DAN

### THURSDAY

7:15 - 7.45AM  
 9:30 - 10.15AM  
 5.30 - 6.15PM  
 6:00 - 6.45PM  
 6:30 - 7.15PM

FIRE UP (30 MINS)  
 FITNESS PILATES  
 GROUP RUNNING  
 ZUMBA  
 BOOT CAMP

LARISA  
 LARISA  
 DAN  
 LARISA  
 DAN

### FRIDAY

8:30 - 9.15AM  
 9:30 - 10.15AM  
 10:30 - 11.20AM  
 5:30 - 6.15PM  
 5:30 - 6.15PM  
 6:30 - 7.15PM

LEG WORKOUT  
 SPINNING  
 YOGA  
 LEG WORKOUT  
 FIT KIDS 10+  
 SPINNING

DAN  
 DAN  
 HEATHER  
 DAN  
 LARISA  
 DAN

### SATURDAY

9:00 - 9.45AM  
 9:00 - 9.45AM  
 10:00 - 10.45AM

CIRCUITS  
 FAMILY CLASS  
 SPINNING

DAN  
 LARISA  
 DAN

Email [admin@westwarwicks.co.uk](mailto:admin@westwarwicks.co.uk) or telephone

0121 706 3594 for more information.

Spaces are limited so don't forget to book!