

# FREE Hot Yoga FREE Hot Boxing to members\*

<b>Mon</b>	LBT 8.30 45 mins Studio 1 Carla	AquaFIT 9.30 45 mins Poolside Carla 	<b>CIRCUITS</b> 9.30 45 mins Studio 1 Laura	GYM & TON- ING 10.00 60 mins Mixed Gym Andrew	<b>clubbercise</b> 10.45 45 mins Studio 1 Claire	PILATES 11.30 60 mins Studio 2 Phil	TAI CHI 12.30 60 mins Studio 2 Michelle		Kettlebell Fit 17.45 45 mins Studio 1 Laura 	HIIT Boxing Training 18.30 45 mins Studio 1 Neil 	SPIN 18.30 45 mins Spin Studio Rob	AquaFIT 18.45 45 mins Poolside Ruby 	Yoga 19.30 65 mins Studio 2
<b>Tues</b>	SPIN 8.45 30 mins Spin Studio Tina	9.15 60 mins Studio 1 Katerina 	AquaFIT 9.15 45 mins Poolside Carla 	BEGINNERS <b>hot yoga</b> 09.30 45 mins Studio 2 ★	Kettlercise 10.15 45 mins Studio 1 Carla 	PILATES 11.00 60mins Studio 1 Phil	<b>GET 50% OFF when you</b>		18.00 45 mins Studio 2 Tina 	Kettlebell Fit 18.45 45 mins Studio 1 Laura 	<b>metafit</b> 19.30 30 mins Studio 1 Laura		
<b>Wed</b>	<b>Pump 'n' Lift</b> 6.00 45 mins Studio 1 Rachel	YOGA 8.30 45 mins Studio 2 Rachel	HARD Water 9.30 45 mins Poolside Carla 	Kettlebell Fit 9.15 45 mins Studio 1 Laura 	10.00 45 mins Studio 1 Natalie 	SPIN 10.30 45 mins Spin Studio Rachel	AquaFIT 12.30 45 mins Poolside Rachael 	<b>Pump 'n' Lift</b> 18.00 60 mins Studio 1 Laura	<b>hot yoga</b> 18.30 60 mins Studio 2 Rachael ★	<b>clubbercise</b> 19.00 60 mins Studio 1 Claire	BEGINNERS <b>hot yoga</b> 19.45 45 mins Studio 2 Rachael ★		
<b>Thurs</b>	Kettlercise 8.30 50 mins Studio 1 Carla 	Cardio Tone 9.30 60 mins Studio 1 Carla	AquaFIT 9.30 45 mins Poolside Laura 	PILATES 10.30 60 mins Studio 2 Rachel	<b>Join the gym this month*</b> <small>* terms and conditions apply</small>		Kettlebell Fit 18.00 45 mins Studio 1 Laura 	Hot Boxing 18.45 30 mins Studio 2 Neil 	<b>CIRCUITS</b> 19.00 60 mins Studio 1 Laura				
<b>Fri</b>	<b>CORE</b> 6.00 30 mins Studio 1 Rachael	AquaFIT 9.30 45 mins Poolside Rachael 	Kettlercise 9.30 50 mins Studio 1 Carla 	<b>hot yoga</b> 10.30 60 mins Studio 2 Rachael ★	YOGA Flow 12.30 60 mins Studio 2 Rachael	<b>Love your classes ? Try a FREE classpass</b>		Kettlebell Fit 18.00 30 mins Studio 1 Laura 	<b>metafit</b> 18.30 30mins Studio 1 Laura				
<b>Sat</b>	SPIN 8.30 45 mins Spin Studio Andrew	AquaFIT 9.00 45 mins Poolside 	Kettlebell Fit 9.15 45 mins Studio 1 Laura 	10.15 45 mins Studio 1 Tina 	Stretch and TONE 11.00 45 mins Studio 1 Tina	<b>Classes with a ★ please pre-book with Reception 874395</b>							
<b>Sun</b>	VINYASA 9.15 60 mins Studio 2 Jess	TAI CHI 10.15 60 mins Studio 1 Michelle	11.30 60 mins Studio 1 Claire 	<b>@alteredimagesbromsgrove</b> <b>Altered Images Bromsgrove</b>		<b>Timetable of our FREE classes</b> With effect from Monday 07.10.2019							