

D12 CLASS TIMETABLE

All classes are included in the membership except for the private classes

Non members £5 a class (£7 Yoga)



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30am HIIT	6:30am Spin		6:15am Spin	6:30am HIIT		
					8:30am Bootcamp	
						10am Yoga
18:00 Funky Pump			5:45pm Yoga			
		18:30 Funky Pump				
19:15 Funky Pump			19:00 Spin			