



Fitness Class Timetable

Please view our exciting range of fitness classes. Welcome to all levels and ages (16+). We are looking to release more classes soon.

Monday

9:30AM— 10:15AM	Aqua
10:45AM—11:15AM	Stretch
11:45AM—12:30PM	Aqua
6:00PM—6:45PM	HIIT & Abs Blast
6:50PM—7:35PM	Yoga

Wednesday

6:00PM—6:45PM	Body Sculpture
6:50PM—7:30PM	Zumba

Thursday

9.45AM—10.30AM	Wise Workout
10:30AM—11:00AM	Stretch
11:30AM—12:15PM	Aqua

Friday

9:30AM—10:15AM	Conditioning
10:20AM—11:05AM	Yoga

All Non members there is a charge of £5 per class .T&c's apply.

Classes can only be booked in one week in advance. To book in please go to Reeds reception or call us



' There are 1,440 minutes in a day. Can't you spare 30 to 60 of them for exercise?'