



Fitness Class timetable



Day	Time	Class	Instructor
Monday	17:00-17:45	Boxing Fitness	Lindsey
Tuesday	17:00-17:30	Functional abs and core	Ross
Wednesday	17:30-18:15	Stretch and Relax	Dan
Thursday	17:00-17:45	Circuits	Byron

INCLUDED AS PART OF YOUR B&FC SPORT CENTRE MEMBERSHIP

NON-MEMBER PRICE £4