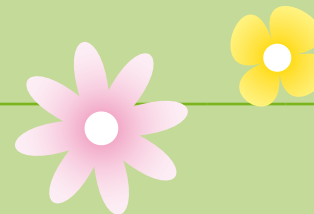




	9.00	10.00	11.00	12.00	13.00	14.00	15.00	16.00	17.00	18.00	19.00	20.00
MONDAY 9.00am - 9.00pm		Zumba™	BodyBalance™						Kid's Hip Hop & Groove	BodyVive™	Pilates	Zumba™
										VibroGym™ Classes	VibroGym™ Classes	VibroGym™ Classes
TUESDAY 9.00am - 9.00pm		Yoga	BodyVive™						Kids Groove	BodyVive™	BodyAttack™	Pilates
					VibroGym™ Classes	VibroGym™ Classes						
WEDNESDAY 9.00am - 9.00pm		Pilates	Legs, Bums & Tums						PumpFX™ Technique	PumpFX™	Zumba™	BodyBalance™
										VibroGym™ Classes	VibroGym™ Classes	VibroGym™ Classes
THURSDAY 9.00am - 9.00pm		BodyVive™								Yoga	Boxercise™	Swiss Ball
					VibroGym™ Classes	VibroGym™ Classes						
FRIDAY 9.00am - 7.30pm		Pilates	PumpFX™							PumpFX™	Zumba™	
SATURDAY 9.00am - 12.00pm		BodyVive™	Zumba™									
SUNDAY 9.45am - 12.30pm			PumpFX™	Boxercise™								



 Find us on Facebook
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The Core Membership

Only £35 per month*

Membership benefits :

- Unlimited studio classes
- Unlimited use of Vibrogym suite** & free Vibrogym classes
- Access to pre-booking for classes
- Discounts on Personal training sessions

- Free health check & personalised fitness plan
- Exclusive offers & discounts on studio merchandise & Sunjunkie spray tans
- Invites to members only events

* Based on payment by monthly standing order. Subject to T&C's – memberships require 30 days notice of cancellation.
** Subject to initial induction fee £10.

Non-members:

- £5.75 Per studio class
- £5 Per Vibrogym class
- Pre-booking only available to non-members with advance payment (24 Hrs cancellation policy applies for refund)

NEW! Kids dance classes

Our new kid's dance classes combine fun & fitness with all the latest street & MTV-style dance moves to help keep our little stars fit and healthy. Class series run for 6 weeks.

9-14yrs Kids Hip Hop & Groove series Every Monday 1st March - 5th April

6 - 8yrs Kids Groove series Every Tuesday 2nd March – 6th April

Class series must be booked & paid in advance. Only £30 per child for series, 10% off price for 2nd child. Places limited.