

# Classes at Rainham

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Keiser Cycling</b> 9.15-10.00	<b>Beginners Keiser</b> 6.45-7.30	<b>Pilates 50+</b> 9.00-10.00	<b>Beginners Keiser</b> 6.45-7.30	<b>Tums &amp; Bums</b> 9.15-10.15	<b>Zumba</b> 9.00-10.00	<b>Body Combat</b> 9.30-10.30
<b>Tums &amp; Bums</b> 9.15-10.15	<b>Yoga</b> 9.15-10.30	<b>Body Pump</b> 10.00-11.00	<b>Tums &amp; Bums</b> 9.15-10.15	<b>Keiser Cycling</b> 9.15-10.00	<b>Keiser Cycling</b> 9.15-10.00	<b>Body Balance</b> 10.30.11.30
<b>Circuits</b> 10.15-11.15	<b>Pilates</b> 10.30-11.30	<b>Zumba</b> 11.00-12.00	<b>Body Combat</b> 10.15-11.15	<b>Body Balance</b> 10.15-11.15	<b>Circuits</b> 10.00-11.00	
<b>Intro to ViPR</b> 18.00-18.45	<b>Core Stability</b> 11.30-12.00	<b>Keiser Cycling</b> 18.30-19.15	<b>Yoga</b> 12.00-13.00	<b>Pilates</b> 11.15-12.15		
<b>Keiser Cycling</b> 19.00-19.45	<b>Intro to ViPR</b> 18.00-18.45	<b>Tums &amp; Bums</b> 18.00-19.00	<b>Zumba</b> 18.00-19.00	<b>Beginners Keiser</b> 18.30-19.15		
<b>Pilates</b> 19.00-20.00	<b>Body Pump</b> 19.00-20.00	<b>Body Balance</b> 19.00-20.00	<b>Body Pump</b> 19.00-20.00			
<b>Yoga</b> 20.00-21.00	<b>Body Balance</b> 20.00-21.00	<b>Circuits</b> 20.00-21.00	<b>Body Combat</b> 20.00-21.00			



**The Old Parsonage**

113 High Street, Rainham, Kent ME8 8AA

t: 01634 233194 e: rainham@reynoldsgroup.co.uk

[www.reynoldsfitnessspa.co.uk](http://www.reynoldsfitnessspa.co.uk)