

# Classes at Sittingbourne

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Keiser Cycling</b> 7.00-7.45 Studio 3	<b>Active 50+</b> 9.00-10.00 Studio 1	<b>Keiser Cycling</b> 7.00-7.45 Studio 3	<b>Active 50+</b> 9:00-10:00 Studio 1	<b>Keiser Cycling</b> 7:00-7:45 Studio 3	<b>Body Combat</b> 9:00-10:00 Studio 1	<b>Keiser Cycling</b> 9.15-10:00 Studio 3
<b>Pilates 50+</b> 9.00-10.00 Studio 1	<b>Keiser Cycling</b> 9.15-10.00 Studio 3	<b>Pilates 50+</b> 9.00-10.00 Studio 1	<b>Keiser Cycling</b> 9.30-10.15 Studio 3	<b>Pilates 50+</b> 9.00-10.00 Studio 1	<b>Body Pump</b> 10:00-11:00 Studio 1	<b>Body Balance</b> 10:00-11:00 Studio 1
<b>Body Pump</b> 10.00-11.00 Studio 1	<b>Body Combat</b> 10.00-11.00 Studio 1	<b>Beginners Keiser</b> 9.30-10.00 Studio 3	<b>Core Ball</b> 10.15-10.45 Studio 2	<b>Keiser Cycling</b> 9.15-10.00 Studio 3	<b>Keiser Cycling</b> 10:00-10:45 Studio 3	<b>Aqua</b> 11:15-12:00 Pool
<b>Beginners Keiser</b> 11.00-11.30 Studio 3	<b>Aqua</b> 10.15-11.00 Pool	<b>Tums &amp; Bums</b> 10.00-11.00 Studio 1	<b>Zumba</b> 10.15-11.15 Studio 1	<b>Body Pump</b> 10.00-11.00 Studio 1		
<b>Shape Up</b> 13.00-14.00 Pool	<b>Keiser &amp; Abs</b> 12.15-13.00 Studio 3	<b>Shape Up</b> 13.00-14.00 Gym	<b>Circuits</b> 11.15-12.15 Studio 1	<b>Aqua</b> 10.15-11.00 Pool		
<b>Tums &amp; Bums</b> 18.00-19.00 Studio 1	<b>Keiser Cycling</b> 18.00-18.45 Studio 3	<b>Keiser Cycling</b> 18.00-18.45 Studio 3	<b>Keiser Cycling</b> 18.00-18.45 Studio 3	<b>Body Balance</b> 11.00 - 12.00 Studio 1		
<b>Keiser Cycling</b> 18.00-18.45 Studio 3	<b>Body Balance</b> 18.00-19.00 Studio 1	<b>Zumba</b> 18.00-19.00 Studio 1	<b>Pilates</b> 19.00-20.00 Studio 2	<b>Shape Up</b> 13.00-14.00 Studio 1		
<b>Core Ball</b> 18.30-19.00 Studio 2	<b>Body Pump</b> 19.00-20.00 Studio 1	<b>Core Ball</b> 18.30-19.00 Studio 2	<b>Body Pump</b> 19.00-20.00 Studio 1	<b>Keiser Cycling</b> 18.00-18.45 Studio 3		
<b>Yoga</b> 19.00-20.00 Studio 1	<b>Core Stability</b> 19.00-19.30 Studio 2	<b>Tums &amp; Bums</b> 19.00-20.00 Studio 1	<b>Body Combat</b> 20.00-21.00 Studio 1	<b>Circuits</b> 19.00-20.00 Studio 1		
<b>Keiser Cycling</b> 19.15-20.00 Studio 3	<b>Keiser Cycling</b> 19:30-20:15 Studio 3	<b>Keiser Cycling</b> 19.00-19.45 Studio 3	<b>Body Balance</b> 20.00-21.00 Studio 2			
<b>Intro to ViPR</b> 20.00-20.45 Studio 1	<b>Body Combat</b> 20.00-21.00 Studio 1	<b>Circuits</b> 20.00-21.00 Studio 1				
<b>Aqua</b> 20.15-21.00 Pool		<b>Aqua</b> 20.15-21.00 Pool				



**Sittingbourne**

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