



Brighouse Class Timetable



Don't forget non-members welcome, pay as you go classes only £5.00 – bring a friend!

Monday	07:00 - 07:45	Spin	Denise
	17:00 - 17:40	Stretch class	Gemma
	17:45 - 18:30	Spin	Kate
	18:40 - 19:30	Circuit Bootcamp	Andrius
Tuesday	06:15 - 07:00	Morning Circuit	Karli
	12:30 - 13:00	Lunchtime Circuit	Josh
	18:00 - 18:45	Legs, Bums, Tums	Paula
	19:00 - 19:45	Pilates	Paula
Wednesday	06:30 - 07:15	Spin	Denise
	09:30 - 10:15	Morning circuit	Josh
	17:45 - 18:30	Circuit Bootcamp	Pete
	18:40 - 19:30	BoxFIT	Pete
Thursday	06:30 - 07:15	Total Body Blast	Andrius
	09:15 - 10:15	Yoga (Vinyasa Flow)	Lydia
	12:30 - 13:00	Lunchtime Circuit	Josh
	17:15 - 18:00	Legs, Bums & Tums	Gemma
	18:15 - 19:00	Spin	Raj
Friday	06:30 - 07:15	Barbell Pump	Denise
	09:30 - 10:15	Pilates	Paula
	17:00 - 18:00	Yoga (Vinyasa flow)	Lydia
	18:00 - 18:45	Circuit Bootcamp	Josh
Saturday	08:30 - 09:15	Spin	Kate
	09:30 - 10:15	Morning Circuit	Olivia
	10:45 - 11:30	Yoga (Vinyasa Flow)	Lydia
Sunday	09:00 - 09:45	Spin	Kate
	10:00 - 10:45	Circuit bootcamp	Holly

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