



Brighouse Class Timetable



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

Monday	06:30 - 07:15	Spin	Denise
	07:30 - 08:15	Yoga (Ashtanga/vinyasa)	Michelle
	17:45 - 18:30	Spin	Kate
	18:40 - 19:30	Circuit Bootcamp	Andrius
Tuesday	06:30 - 07:15	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	Circuit – Full body & Abs	Gemma
	17:45 - 18:30	Kettlebell class	Pete
	18:40 - 19:30	BoxFIT	Pete
Thursday	06:30 - 07:15	Total Body Blast	Andrius
	12:30 - 13:00	Lunchtime Circuit	Josh
	18:15 - 19:00	Spin	Raj
	19:10 - 19:55	Yoga (Ashtanga/vinyasa)	Michelle
Friday	06:30 - 07:15	Barbell Pump	Denise
	9:30 - 10:15	Pilates	Claire
Saturday	08:30 - 09:15	Spin	Kate
	09:30 - 10:15	Morning Circuit	Gemma/Olivia
	10:45 - 11:30	Yoga (Vinyasa Flow)	Lydia
Sunday	09:00 - 09:45	Spin	Kate

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