

GROUP EXERCISE +

Monday 30th September
to Sunday 6th October



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

12:30 Express Circuits	08:00 Express HIIT	06:45 Express Circuits	06:30 Express Circuits	07:00 Express Strength
16:30 Express Juniors	08:45-09:00 Express Pure Abs	08:00 Express HIIT	09:30 Express Strength	07:45 Express Lower Body & Abs
17:30 Express Upper Body & Abs	09:30 Express Circuits	09:30 Express Strength	10:15-10:30 Express Pure Abs	09:30 Express Circuits
18:15 Express HIIT	12:30 Express Strength		12:15 Express HIIT	10:30 Healthy Hearts
				12:15 Express HIIT

HOW TO BOOK:

 **Achieve Lifestyle App**

 **01784 333111**

 **achievefitness.co.uk**

All classes will be held in the Meadow Room. Each class will be 30 minutes unless stated otherwise.



GROUP EXERCISE +

Monday 7th September to
Sunday 13th October



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

12:30 Express Circuits	08:00 Express HIIT	12:30 Express Lower Body & Abs	06:30 Express Circuits	10:15 Express Pure Abs
16:30 Express Juniors	08:45-09:00 Express Pure Abs	16:00 Express Juniors	08:00 Express Strength	10:30 Healthy Hearts
17:30 Express Upper Body & Abs	09:30 Express Circuits	17:15 Express Circuits	12:15 Express HIIT	12:15 Express HIIT
	12:30 Express Strength	19:15 Express Strength		15:30 Express Circuits
				16:30 Express Juniors

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