

	10:00	10:30	11:00	11:30	12:00	12:30	13:00	13:30	14:00	14:30	15:00	15:30	16:00	16:30	17:00	17:30	18:00	18:30	19:00	19:30	20:00	20:30	21:00	21:30	22:00				
<b>WEEKDAYS</b>	Early Bird - Arrive before 2pm, entry £4								Off-Peak							Peak													
<b>Monday</b>															Kids Club														
															Top ROKT														
															Womens Kick Boxing (Basic)														
<b>Tuesday</b>															Kids Club														
															Free Radicals Urban Flips														
																Yoga													
																	Yoga												
<b>Wednesday</b> <i>Student Night</i>															Kids Club														
															Beginners Ju-Jitsu														
															Top ROKT														
<b>Thursday</b>															Kids Club														
															Free Radicals Urban Flips														
																Womens Kick Fit													
																	Zumba										Zumba		
<b>Friday</b> <i>Get Fit Friday</i>															Kids Club														
															Kids Ju-Jitsu (6-11 yrs)														
															Womens Conditioning- Toning & Flexibility														

C  
L  
O  
S  
E  
D

	10:00	10:30	11:00	11:30	12:00	12:30	13:00	13:30	14:00	14:30	15:00	15:30	16:00	16:30	17:00	17:30	18:00	18:30	19:00	19:30	20:00			
<b>WEEKENDS</b>	Peak																							
<b>Saturday</b>																								
<b>Sunday</b>																								

C  
L  
O  
S  
E  
D

