

WELLS BOULEVARD FITNESS CLUB



MONDAY

09:00	AQUA FITNESS
11:00	BODY BLITZ
13:15	SMALL GROUP PERSONAL TRAINING*
16:00	BEGINNER STUDIO CYCLING
16:30	WOMEN'S ONLY WEIGHTLIFTING
17:30	CIRCUIT TRAINING
18:30	YOGA

TUESDAY

12:45	ZUMBA
17:00	AQUA FITNESS
17:30	STUDIO CYCLING
18:30	BOXERCISE

WEDNESDAY

06:45	STUDIO CYCLING
09:00	AQUA FITNESS
17:00	ZUMBA
18:00	PILATES

THURSDAY

11:45	AQUA FITNESS
13:00	SMALL GROUP PERSONAL TRAINING*
14:15	CORE & MORE
17:00	BODY BLITZ
18:30	STUDIO CYCLING
19:00	OPEN BUCS S&C
19:30	CORE & MORE

FRIDAY

06:40	CIRCUIT TRAINING
12:00	YOGA
18:30	OPEN BUCS S&C
19:30	OPEN WEIGHTLIFTING
20:30	OPEN BUCS S&C

SATURDAY

08:30	STUDIO CYCLING
10:00	YOGA

*Maximum 4 people per session. £10 members. £15 non-members.