

Class Timetable

Monday

06:15 – 07:15	Fit Camp ^P	Burn / Sculpt	60 mins
07:30 – 08:00	Stretch n' Flex	Sculpt	30 mins
12:00 – 13:00	Yoga	Spirit	60 mins
18:15 – 18:45	Circuits	Sculpt	30 mins
19:30 – 20:00	Tour de Nottingham	Burn	30 mins
20:00 – 21:00	Yoga	Spirit	60 mins

Tuesday

06:15 – 07:15	Fit Camp ^P	Burn / Sculpt	60 mins
07:30 – 08:00	Tour de Nottingham	Burn	30 mins
12:30 – 13:30	Pilates	Spirit	60 mins
18:00 – 18:45	Pump it Up	Sculpt	45 mins
19:00 – 19:30	Hot Bike	Burn	30 mins

Wednesday

06:15 – 07:15	Fit Camp ^P	Burn / Sculpt	60 mins
07:30 – 08:00	Tour de Nottingham	Burn	30 mins
18:00 – 18:45	Kettlebells	Sculpt	45 mins
19:00 – 20:00	Pilates	Spirit	60 mins

Thursday

06:15 – 07:15	Fit Camp ^P	Burn / Sculpt	60 mins
07:30 – 08:00	Stretch n' Flex	Sculpt	30 mins
10:00 – 11:00	Pilates	Spirit	60 mins
18:00 – 18:45	Circuits	Sculpt	45 mins
19:00 – 19:45	Hot Bike	Burn	45 mins
20:00 – 21:00	Hot Yoga ^P	Spirit	60 mins

Friday

06:15 – 07:15	Fit Camp ^P	Burn / Sculpt	60 mins
07:30 – 08:00	Tour de Nottingham	Burn	30 mins
10:00 – 11:00	Pilates	Spirit	60 mins
18:00 – 18:30	Ride n' Lift	Burn	30 mins

Saturday

09:00 – 09:45	Circuits	Sculpt	45 mins
10:00 – 10:30	Hot Bike	Burn	30 mins

Sunday

09:00 – 10:00	Hot Yoga ^P	Spirit	60 mins
10:30 – 11:30	Yogalates	Spirit	60 mins
16:00 – 17:00	Pilates	Spirit	60 mins

^P credits required