



Class Timetable Dryside

To book onto a class call 01249 810944

or email: blackland.health@btconnect.com

DAY	TIME & CLASS					
MONDAY	9.30 - 10.15 CIRCUITS		16.30 - 17.15 PILATES*	17.30 - 18.15 PILATES*		20.00 - 20.45 INDOOR CYCLE
TUESDAY	9.30 - 10.15 BODY CONDITIONING	10.30 - 11.15 LOW INTENSITY BODY CONDITIONING		19.00 - 19.45 BODY CONDITIONING	19.00 - 20.00 BOOT CAMP*	20.00 - 20.45 STABS N CYCLE
WEDNESDAY	9.30 - 10.00 INDOOR CYCLE					
THURSDAY				18.30 - 19.00 BEGINNERS INDOOR CYCLE		19.30 - 20.15 CIRCUITS
FRIDAY	9.30 - 10.15 BODY CONDITIONING	10.30 - 11.00 INDOOR CYCLE			19.00 - 19.45 ABS N CYCLE	
SATURDAY	9.00 - 12.00 JUNIOR GYM					
SUNDAY	9.00 - 12.00 JUNIOR GYM					

* additional class which is chargeable and subject to change.