



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		17.30 - 18.15 Pilates*	18.30 - 19.15 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		20.00 - 20.45 Stabs N Cycle
WEDNESDAY	9.30 - 10.00 Indoor Cycle			18.15 - 19.15 Yoga	19.30 - 20.30 Yoga	
THURSDAY						19.30 - 20.15 Circuits
FRIDAY	08.00 - 08.45 Pilates*	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.