

Class Prices

Gold Members – FREE

15 Minute Class - £1.50

30 Minute Class - £3.00

1 Hour Class - £4.00*

1 ½ Hour Class - £5.00

Salsa – See instructor for details

Concessions Available

Mon

Yoga
10:30 -12:00

AB Attack
13:30-13:45

Cyclone
17:00-18:00

Salsa
18:00-19:00

Tae Kwon Do
19:00-20:30

Tue

AB Attack
13:30-13:45

Fat Burner
18:00-19:00

L.T.B
19:00-20:00

Wed

AB Attack
13:30-13:45

Tae Kwon Do
17:00-18:00

L.T.B
18:00-19:00

Power Hour
19:00-20:00

Thur

AB Attack
13:30-13:45

Circuits
17:30-18:30

Yoga
18:30 -20:00

Wing Chun
20:00-21:30

Fri

Pilates
10:00-11:00

Circuits
11:00-12:00

Tae Kwon Do
17:00-19:45

Sat

AB Attack
09:00-09:15

**Boxercise/
Circuits**
10:30-11:30

Sun

AB Attack
09:00-09:15

Kick Boxing
13:00-14:30

Opening & Closing Times

Mon – Thurs: 07:00 – 21:30

Fri: 07:00 – 20:00

Sat – Sun: 08:30 – 16:30

Lifestyles Health & Fitness Studios

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