

SEDGEMOOR & HINKLEY CAMPUS

# FITNESS CLASSES

**SEDGEMOOR CAMPUS**

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**MONDAYS**

**TUESDAYS 18:30 SPIN BUS**

**WEDNESDAYS 19:00 BOOT CAMP**

**THURSDAYS 17:00 YOGA  
18:00 HIIT  
18:30 ABS BLAST  
19:00 SPIN BUS**

**HINKLEY CAMPUS**

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**MONDAYS 18:30 CIRCUIT TRAINING**

**TUESDAYS**

**WEDNESDAYS 18:30 BOOT CAMP**

**THURSDAYS 18:30 HIIT  
19:00 HIIT**

**PAY AS  
YOU GO**  
or  
**MEMBERSHIPS  
AVAILABLE**

