



STUDIO TIMETABLE

MON	BODY COMBAT 09:30 - 10:30	LEGS BUMS & TUMS 17:30 - 18:15	SPIN * 18:15 - 19:00	Speedy FIT * 18:30 - 19:15	BODY PUMP * 19:15 - 20:00
TUE	LEGS BUMS & TUMS 09:30 - 10:15	PILATES 17:30 - 18:15	STEP * 18:15 - 19:00	CORE 19:00 - 19:30	SPIN * 19:30 - 20:00
WED	BODY PUMP 09:30 - 10:30	SPIN * 10:30 - 11:00	SPIN * 17:30 - 18:15	LEGS BUMS & TUMS 17:30 - 18:15	BODY PUMP * 18:15 - 19:00
THU	LEGS BUMS & TUMS 10:00 - 10:45	BODY BALANCE 11:00 - 12:00	SPIN * 12:00 - 12:30	SPIN * 18:00 - 19:00	ZUMBA £ 19:15 - 20:15
FRI	LEGS BUMS & TUMS 09:30 - 10:15	BODY COMBAT 17:00 - 18:00	Speedy FIT 18:00 - 19:00		
SAT	BODY PUMP 09:30 - 10:30	SPIN * 10:30 - 11:00	CORE 11:00 - 11:30		
SUN	SPIN * 11:15 - 12:00				

Club: FFFW Leicester

Tel: 0844 571 2967

Legend

£ = Charge may apply

* = Class must be booked in advance

www.fitnessfirst.co.uk

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