

Our fitness classes cover a range of styles, from full body workouts to classes that target toning in specific areas of the body. The perfect way to keep active and maintain your wellbeing.

Our sessions are available at a drop-in price of **£8**. Bookings are required 24 hours in advance to ensure our studios are kept COVID secure.

	CLASS	AGE	TIME	PRICE
MONDAYS	MAT PILATES	Adult	12-1pm	£8 DROP-IN
	BALLET BARRE PILATES	Adult	1.05-2.05pm	£8 DROP-IN
TUESDAYS	DDMIX DANCE FITNESS	Adult	9.45-10.30am	£8 DROP-IN
WEDNESDAYS	FITNESS FREESTYLE YOGA	Adult	12-12.45pm	£8 DROP-IN
	LEGS, BUMS & TUMS	Adult	1-1.45pm	£8 DROP-IN
THURSDAYS	SEATED PILATES	Adult	10.45-11.45am	£8 DROP-IN
	STRENGTHEN & STRETCH	Adult	12-12.45pm	£8 DROP-IN
	ZUMBA®	Adult	1-1.45pm	£8 DROP-IN