

CLASS TIMETABLE

STARTING 17th May 2021

MONDAY:

06:45 - 07:15 - Virtual Metafit
10:30 - 11:15 - Step with Debra
11:30 - 12:15 - Pump FX with Debra
12:30 - 13:00 - Aqua Fit with Debra
13:00 - 14:00 - Hatha Yoga with Lynn
14:05 - 15:05 - Mat Based Pilates with Lynn
17:45 - 18:30 - Box Circuit with Alex
18:45 - 19:30 - Mat based Pilates with Alex

TUESDAY:

06:45 - 07:15 - Virtual Metafit
09:30 - 10:30 - Mat based Pilates with Alex
10:40 - 11:10 - Metafit with the Belton Woods Team
14:00 - 15:00 - Hiit Pilates with Alex
17:55 - 18:25 - Ab Blast with the Belton Woods Team
18:55 - 19:25 - Virtual Metafit

WEDNESDAY:

06:45 - 07:15 - Virtual Metafit
09:30 - 10:30 - Modern Pilates with Alex
10:45 - 11:25 - Aerobics with Debra
11:30 - 12:15 - Body Toning with Debra
12:30 - 13:00 - Aqua Fit with Debra
17:45 - 18:30 - Box Circuits with Alex
18:45 - 19:30 - Hiit Pilates with Alex

THURSDAY:

06:45 - 07:15 - Virtual Metafit
09:45 - 10:15 - Metafit with Alex
10:30 - 11:15 - Body Sculpt with Debra
11:35 - 12:15 - Body Toning with Debra
12:30 - 13:00 - Aqua Fit with Debra
14:00 - 15:00 - Modern Pilates with Alex
17:45 - 18:30 - Circuits with the Belton Woods Team

FRIDAY:

06:45 - 07:15 - Virtual Metafit
09:15 - 10:00 - Step with Debra
10:15 - 11:00 - Pump FX with Debra
17:45 - 18:15 - Virtual Metafit

SATURDAY:

07:15 - 07:45 - Virtual Metafit
09:05 - 10:00 - Strength and Conditioning with the Belton Woods Team
10:15 - 11:00 - Body Blast with Julie
10:15 - 10:45 - Virtual Metafit

All classes need to be booked in advance either online or by calling 01476 514335. Please arrive class ready.