

Penlan fitness timetable

MONDAY

6:05 - 6:50AM	Bootcamp
8:00 - 08:45AM	Pilates
9:00 - 9:45AM	Aerobics
9:05 - 09:50AM	80's Spin
10:00 - 10:55AM	Slow Yoga
10:00 - 10:45AM	Aqua Aerobics
11.00 - 11.55am	Yoga
5:00 - 5:45PM	Spin HIIT
6:05 - 6:55PM	Circuits
7:00 - 7:45PM	Zumba

TUESDAY

6:05 - 6:50AM	Spin
9:00 - 9:45AM	Zumba
10:00 - 10:45AM	Aqua Aerobics
10:00 - 10:45AM	Pilates
10.00 - 10.55AM	Yoga
11:00 - 11:45AM	Gold Fitness
11.00 - 11.55AM	Yoga
5:00 - 5:45PM	Spin
17.10 - 17.50PM	Dads Fit
5.00 - 5.55PM	Yoga
6:00 - 6:45PM	Tone
6.00 - 6.55PM	Yoga for men

WEDNESDAY

6:05 - 6:50AM	Bootcamp
9:00 - 9:45AM	Step Aerobics
9:05 - 9:50AM	Spin HIIT
9.15 - 10.10AM	Yoga
10:00 - 10:45AM	Aqua Aerobics
10:00 - 10:45AM	Gold Fitness
10.15 - 11.20AM	Yoga
5:00 - 5:45PM	Spin
6:00 - 6:45PM	HIIT & Abs
6.00 - 6.55PM	Yoga
7:00 - 7:45PM	Legs, Bums and Tums

THURSDAY

9:00 - 9:45AM	Buggy Fit
10:00 - 10:55AM	Yogalates
11:00 - 11:55AM	Walking Football
11:00 - 11:55AM	TaiChi
5:00 - 5:45PM	Bodyweight HIIT
5:15 - 6:00PM	Bounce Fit
5:15 - 6:00PM	90s Spin
6:00 - 6:55PM	Yoga
6.00 - 6.45PM	Tone
6:05 - 6:50PM	Zumba
7:00 - 7:55PM	Yoga
7:00 - 7:45PM	Step Aerobics
8:15 - 9:00PM	Aqua Aerobics

FRIDAY

6:05 - 6:50AM	Bootcamp
9:00 - 9:45AM	Step Aerobics
10:00 - 10:45AM	Aqua Aerobics
11:00 - 11:45AM	Pilates
6:00 - 6:45PM	Zumba

SATURDAY

8:00 - 8:45AM	Functional Fitness
9:00 - 9:45AM	Spin
9:00 - 9:45AM	Bounce Fit
10:00 - 10:45AM	Zumba

SUNDAY

10.00 - 10.45am	Spin
11:30 - 12:15PM	Pilates
5.00 - 5.45pm	Spin
5.15 - 6.00PM	Zumba
6:15 - 7:00PM	Aqua Zumbas

*all sessions need to be booked in advance

Call us now to book
or book online!

01792
588079



freedomleisure
where you matter