

CLASS TIMETABLE

Edit for Easter Bank Holiday 2024

Friday 29th March

HEALTH & FITNESS STUDIO

08:30-09:00	Grit	Brad
09:15-10:15	LBT	Denise
10:30-11:30	Boxercise	Neil
17:30-18:15	BodyCombat	Sarah
18:30-19:30	Power Hour	Simon

SPIN STUDIO

10:00-10:30	BuggyBabies Spin	Jag
18:30-19:15	Spin	Theirry

MIND & BODY STUDIO

09:00-10:00	Dance Aerobics	Clare
10:15-11:15	Olit	Marica
11:30-12:30	Pilates	Marica
13:45-14:15	Postnatal Yoga	Sasha

SWIMMING POOL

10:30-11:15	Aqua	Denise
14:00-14:45	Aqua	Clare M

#BASE

17:30-18:15	Lift	Ultimate
18:30-19:30	Hyrox	Brad

Saturday 30th March

HEALTH & FITNESS STUDIO

08:05-08:50	Battle	Ultimate
09:15-10:00	Circuits	Skye
10:15-11:15	Body Combat	Sarah
11:30-12:30	BodyPump	Sarah

SPIN STUDIO

08:30-09:00	Spin	Skye
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MIND & BODY STUDIO

08:05-08:50	Zumba	Sabina
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SWIMMING POOL

09:30-10:15	Aqua Zumba	Sabina
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#BASE

08:05-08:50	Battle	Ultimate
09:00-10:00	BodyAttack	Robin
10:10-10:55	Lift	Ultimate

Sunday 31st March

HEALTH & FITNESS STUDIO

08:10-08:55	Reshape	Ultimate
09:30-10:30	LBT	Toni
10:45-11:45	Family Clubbercise	Toni

SPIN STUDIO

09:00-09:45	Ride	Simon
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MIND & BODY STUDIO

10:30-11:30	Yoga	Kirsty
11:45-12:45	Yoga	Kirsty
17:30-18:30	Yin Yoga	Lucy
18:45-19:45	Yin Yoga	Lucy

Monday 1st April

HEALTH & FITNESS STUDIO

08:15-09:00	Battle	Ultimate
09:15-10:00	Battle	Ultimate
10:15-11:15	BodyCombat	Mickey
17:30-18:00	GRIT	Brad
18:15-19:15	BodyCombat	Neil

SPIN STUDIO

09:15-10:00	Spin	Thierry
17:30-18:00	RPM	Skye
18:30-19:15	Cardio Core	Ultimate

MIND & BODY STUDIO

09:15-10:00	Piloxing	Tracy C
10:45-11:45	Yoga	Jen
12:00-13:00	Yoga	Jen
13:15-14:15	Pilates	Jag

SWIMMING POOL

10:30-11:15	Aqua	Nicky
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#BASE

08:05-09:05	Ultimate 360	Ultimate
19:00-19:45	Reshape	Ultimate

*VIRTUAL CLASSES DO NOT NEED TO BE BOOKED

BOOK YOUR CLASS TODAY

ONLINE: theshrewsburyclub.co.uk CALL: 01743 467755