

ANYTIME FITNESS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Circuits 07:15-07:45 Frankie / Main Studio	Virtual Spin 07:30-08:15 Spin Studio	Virtual Spin 07:30-08:15 Spin Studio	Virtual Spin 07:30-08:15 Spin Studio	Virtual Spin 07:30-08:15 Spin Studio	Pump And Sweat 08:15-09:00 Vince / Main Studio
					Spin 09:15-10:00 Vince / Spin Studio
HIIT 12:10-12:40 Frankie / Main Studio	Circuits 12:10-12:40 Ben F / Main Studio	HIIT 12:10-12:40 Frankie / Main Studio	Circuits 12:10-12:40 Ben F / Main Studio	Yoga 12:10-12:55 Lisa / Main Studio	Yoga 09:10-09:55 Sebnem / Main Studio
Yoga 17:30-18:10 Sebnem / Main Studio					Pilates 10:00-10:45 Lucy / Main Studio
Yoga 18:15-19:00 Sebnem / Main Studio	Spin 18:15-19:00 Ben F / Spin Studio	Abs 18:00-18:30 Frankie / Spin Studio			
Spin 18:15-19:00 Anna / Spin Studio	Bootcamp With Frankie 18:15-19:00 Frankie / Main Studio	Pilates 18:30-19:15 Amy / Main Studio	Yoga 18:15-19:00 Sebnem / Main Studio	Virtual Spin 17:45-18:30 Spin Studio	
Abs 19:00-19:30 Frankie / Main Studio	Boxercise 19:05-19:50 Anna / Main Studio		Ladies Zumba 19:00-20:00 Kasia / Main Studio		

 Cardio
  Circuits
  Stretch
  Strength
  Mind & Body
  Functional
  Dance

To book, please use the Anytime Fitness app go to "More" >> "Book Classes" >> "login" and follow the instructions. Or visit the club webpage online, click "Member Information" >> "Login" and follow the instructions. Classes subject to change.