Fitness Class Timetable

MONDAY

08:00-08:30
HITT Circuit
Katie

18:05-18:50
Climbing
Jourdan

18:45-19:30
Core Crusher
Diana

19:35-20:20
HITT Circuit
Diana

TUESDAY

06:30-07:15
Body Combat
Emily

08:00-08:30
Express Spin
Katie

18:05-18:50
HITT Circuit
Jourdan

18:55-19:40
Spin
Tina

19:45-20:30
Body Pump
Tina

20:35-21:20
Pilates
Laraine

WEDNESDAY

06:30-07:15
Spin
Katie

18:30-19:15
Boxing
Sam

19:25-19:55
Express
Body Balance
Sam

19:30-20:30
Swim Fit
Swim Team

THURSDAY

06:30-07:15
Body Pump
Emily

18:05-18:50
HITT Circuit
Sam

18:55-19:40
Core Stability
Sam

FRIDAY

08:00-08:30
Express Spin
Katie

19:00-19:45
Climbing
Jourdan

SATURDAY

08:05-08:50
Aqua
Fitness Team

10:00-10:45
Body Pump
Tina

SUNDAY

09:20-10:05
HITT Circuit
Fitness Team

10:10-10:40
Core Crusher
Fitness Team

Class Index

- High Intensity
- Strength & Conditioning
- Low Impact
- Dance
- Aqua
- Adult Climbing

Chigwell
SPORT & WELLNESS CENTRE