

CALL 0161 707 7161 for more information

Class	Day	Time	Description	Price
ZUMBA	Tuesday	6pm	Zumba is easy to do, effective, totally exhilarating, and best of all...it's FUN! Helping move millions of people toward a healthier lifestyle.	£5.00
ZUMBA	Thursday	6.30pm		£5.00
ROCKIT	Monday	8pm	RockIt combines the best of what belly dance, burlesque and street dance have to offer, to create a style that is large and loud, just like the music we dance to.	£6.00
BOX PRO FIT*	Monday	5.30pm BEGINNERS	Non contact boxing based fitness class devised by number 1 female professional boxer. This is NOT 'Boxercise' this is the real deal.	£5.00
BOX PRO FIT*	Wednesday	5.30pm BEGINNERS		£5.00
BOX PRO FIT*	Monday	6.30pm ADVANCED		£5.00
BOX PRO FIT*	Wednesday	6.30 ADVANCED		£5.00
ADULTS & KIDS MIXED HIP HOP Aged 7 and over	Thursday	5.30pm BEGINNERS	Groove and freestyle to Hip hop, RnB, Funk or Pop. Feel the beat, add your own personal flavour. Reap the benefits	Adults £5 Kids - £3
MISFIT CIRCUIT*	Tuesday	7.30pm	Continually changing circuit training using a whole variety of equipment targeting the whole body. Suitable for ALL levels of ability.	£4.50
MISFIT CIRCUIT*	Thursday	7.30pm		£4.50
BOOTY CAMP*	Friday	5.30pm	So much more than just the typical Legs, Bums and Tums. Exercises specifically chosen to tone, trim and tighten all the flabby bits.	£5.00
<p>Why not buy £40 pass which gives you access to all classes with '*' for 4 weeks. SAVING OF NEARLY £60 BLOCK BOOKINGS ARE ALSO AVAILABLE FOR OTHER CLASSES ask instructor for details.</p>				