

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>6.15-7.00 BOOTCAMP</b> <i>Jennie £5</i>	7.00-7.45 SUNRISE PILATES <i>Jennie</i>	6.30-7.00 SPINNING <i>Nadine</i>	<b>6.15-7.00 BOOTCAMP</b> <i>Jennie £5</i>	
9.10-9.40 KETTLEBELLS <i>Lorraine</i>	9.15-9.45 UPPER BODY STRENGTH <i>Jennie</i>	<b>8.00-8.45 BOOTCAMP</b> <i>Jennie £5</i>	<b>8.00-8.45 BOOTCAMP</b> <i>Kate £5</i>	7.00-7.45 SUNRISE PILATES <i>Jennie</i>	<b>7.00-7.45 BOOTCAMP</b> <i>Jennie £5</i>
9.45-10.15 SPINNING <i>Lorraine</i>	<b>10-10.45 RETRO AEROBICS</b> <i>Lorraine £2 members</i> <i>£4.50 non-members</i>	9.15-9.45 LOWER BODY STRENGTH <i>Jennie</i>	9.15-9.45 CLUBBERCISE <i>Lorraine</i>	9.00-10.00 PILATES <i>Elaine</i>	8.30-9.00 SWEATY SATURDAY <i>Jennie</i>
10.15-11.00 YOGA <i>Sandra</i>	<b>10.45- 11.15 STRETCH &amp; TONE</b> <i>Lorraine £3</i>	09.45-10.15 SPINNING <i>Jennie</i>	9.45-10.15 BOOTY BURNER <i>Lorraine</i>	9.45-10.30 FULL BODY BLITZ <i>Jennie</i>	9.00-9.30 KETTLEBELL HIIT <i>Jennie</i>
		10.00-10:30 ZUMBA <i>Lorraine</i>		10.30-11.00 SPINNING <i>Jennie</i>	9.30-10.00 SPINNING <i>Jennie</i>
<b>1.00-1.45 BOOTCAMP</b> <i>Lorraine £5</i>					10-10.30 ZUMBA <i>Ashleigh</i>
		5-5.30 BOXERCISE <i>Jennie</i>	5.15-5.45 BADASS™ <i>Ashleigh</i>		10.30-11.00 BADASS™ <i>Ashleigh</i>
5.30-6.00 FULL BODY STRENGTH <i>Jennie</i>	5.30-6.00 BOOTY BURNER & ABS <i>Kate</i>	5.30-6.15 FULL BODY BLITZ <i>Jennie</i>	5.45-6.15 ABS BLAST <i>Kate</i>	5.30-6.00 INTERVALS <i>Kate</i>	<b>SUNDAY</b>
6.00-6.30 ABS BLAST <i>Jennie</i>	6.00-6.30 ZUMBA <i>Lorraine</i>		6.15-7.00 STRENGTH <i>Nadine</i>		9.30 BODYBLITZ <i>Jennie</i>
6.00-6.30 SPINNING <i>Nadine</i>	6.30-7.00 SPINNING <i>Holly</i>	7.00-8.00 YOGA <i>Michelle</i>	7.00-7.30 SPINNING <i>Nadine</i>		10.05 PILATES <i>Chris</i>
6.30-7.15 PILATES <i>Jennie</i>	6.30-7.00 CLUBBERCISE <i>Lorraine</i>				
	7.00-7.30 FULL BODY STRENGTH <i>Kate</i>				

 /Club Zest Ladies Leisure

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