

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6.00-6.45 BOOTCAMP <i>Jennie £5</i>		6.30-7.00 SPINNING <i>Nadine</i>	6.00-6.45 BOOTCAMP <i>Jennie £5</i>	
9.10-9.40 KETTLEBELLS <i>Lorraine</i>	7.00-7.45 PILATES STRONG <i>Jennie</i>		7.30-8.15 BOOTCAMP <i>Kate £5</i>	7.00-7.45 SUNRISE PILATES <i>Jennie</i>	
9.45-10.15 SPINNING <i>Lorraine</i>	9.15-9.45 UPPER BODY STRENGTH <i>Jennie</i>	8.00-8.45 BOOTCAMP <i>Lorraine £5</i>	9.15-9.45 CLUBBERCISE <i>Lorraine</i>	9.00-10.00 PILATES <i>Jennie</i>	8.30-9.00 SWEATY SATURDAY <i>Kate</i>
10.15-11.00 YOGA <i>Sandra</i>	10-10.45 RETRO AEROBICS <i>Lorraine £2 members</i> <i>£4.50 non-members</i>	9.15-9.45 LOWER BODY STRENGTH <i>Lorraine</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>Kate</i>
	10.45- 11.15 STRETCH & TONE <i>Lorraine £3</i>	10.00-10:30 ZUMBA <i>Lorraine</i>			9.30-10.00 SPINNING <i>Rachel</i>
1.00-1.45 BOOTCAMP <i>Jennie £5</i>			1.30-2.15 BOOTCAMP <i>Lorraine £5</i>		10-10.30 ZUMBA <i>Ashleigh</i>
	5.00-5.30 UPPER BODY STRENGTH <i>Jennie</i>	5.15-5.45 BARRE & BARS <i>Arianne</i>	5.15-5.45 ASSASSIN <i>Ashleigh</i>		10.30-11.00 ASSASSIN <i>Ashleigh</i>
5.30-6.00 FULL BODY STRENGTH <i>Nadine</i>	5.30-6.00 BOOTY BURNER & ABS <i>Jennie</i>	5.45-6.30 FULL BODY BLITZ <i>Lorraine</i>	5.45-6.15 ABS BLAST <i>Kate</i>	5.30-6.00 INTERVALS <i>Jennie</i>	SUNDAY
6.00-6.30 ABS BLAST <i>Nadine</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>Jennie</i>	6.30-7.00 SPINNING <i>Rachel</i>	7.00-8.00 YOGA <i>Michelle</i>	7.00-7.30 SPINNING <i>Nadine</i>		10.05 PILATES <i>Jennie</i>
6.30-7.15 PILATES <i>Jennie</i>	6.30-7.00 CLUBBERCISE <i>Lorraine</i>				
7.15-7.45 SPINNING <i>Nadine</i>					



Club Zest Women's Fitness



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