

Class Timetable May 2017

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:00	SpinFit 07:15- 08:15	Bodypump 07:15- 08:15	'SHRED' 07:15- 08:15	Yoga 07:30-08:30			
08:00	Morning Mobility		Morning Mobility				
09:00		F.A.S.T 08:30-09:15		Spin V Kettlebells			
10:00	Bodybalance 09:30-10:30	SpinFit 09:30-10:15	Bodypump 09:30-10:30	SWEAT X 09:30-10:15	SpinFit 09:30-10:15	SpinFit 09:30-10:15	Mix 'IT' Up..?! 09:30-10:30
11:00					TABATA	Bodypump 10:30-11:30	
12:00	Pilates 12:10-13:10	Bodypump 12:10-12:55	Bodycombat 12:10-12:55	Bodybalance 12:10-12:55	Kettlebells 12:15-13:00	Taster Class 12:30-13:30	Taster Class 12:30-13:30
13:00	Circuits 13:15-14:00	Yoga 13:00-14:00	SpinFit 13:10-13:55	Bodypump 13:10-13:55	Zumba 13:00-14:00		
14:00	Guided Meditation						
15:00							
16:00	Taster Class	Taster Class	Taster Class	Taster Class			Cardio Cinema 15:00-18:00
	Legs, Bums & Tums	Kettlebells V cardio	Mobility	TABATA			
17:00	SpinFit 17:15-18:15						
18:00	Bodypump 18:15-19:00	Pilates 17:30-18:30	HIIT 17:30-18:30	Bodypump 17:30-18:30	Mix 'IT' Up..?! 17:30-18:30		
19:00	Yoga 19:15-20:15	Bodycombat 18:30-19:30	Zumba 18:30-19:30	Stretch & Flex 18:45-19:30	SWEAT X 18:45-19:30		
20:00		Group PT & mobility 19:30-20:30		SpinFit 19:45-20:30			

Please see our website for any updates or changes to timetabled classes

Class Prices		Member	Non Member
Exercise Class *	1 x class	£4.25	£5.50
Exercise Class x 10 *	10 x classes	£38.25	£49.50

* Free to Platinum Members

Get more for your money at the new Penryn Campus Sports Centre.

More time - longer opening hours, 7am to 10pm weekdays, 8am to 8pm weekends.

More support - expert fitness advisors available at all times for help and advice.

More variety - wide range of classes and activities for all tastes and levels.

More equipment - around 90 of the latest exercise stations in the new FLEXSI gym.

More offers - free and discounted classes and sessions timetabled for all members.

More sports - 4 court indoor sports hall, outdoor floodlit MUGA and table tennis to hire.

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