

Class timetable 2021

Compass Kents Hill

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
6:30am-7:15am	Cycle	6:30am-7:15am	Boot Camp	6:30am-7am	Cardio	6:30am-7:15am	Boot Camp	6:30am-7am	Cardio	9am-9:45am	Cycle	10am-10:45am	Circuits
10:30am-11am	FIT Function	10:30am-11:15am	Aqua	10:30am-11am	FIT Function	10:30am-11:15am	Aqua	10:30am-11am	FIT Function	10:30am-11:30am	Pilates		
12:30am-1pm	Core	12:30am-1pm	Core	12:30am-1pm	Core	11:30am-12:30pm	Pilates	12:30am-1pm	Core				
5:30pm-6pm	Strength	5:30pm-6pm	Circuits	5:30pm-6pm	Strength	12:30am-1pm	Core	5:30pm-6:15pm	Cycle				
7pm-7:45am	Cardio	7pm-7:45am	Strength	7pm-7:45am	Cardio	5:30pm-6pm	Circuits						
						7pm-7:45am	Strength						

Aerobic fitness and calorie burning
 Muscular conditioning and toning
 Extend, relax and re-energise
 Water based

For class bookings or for more information call: 01908 358383
 Please note, it's best to book for Spinning Classes.
 For all other classes, just come along.