



Fitness Class Schedule

Early May & Spring Bank Holiday '19

At

Kelsey Kerridge

Sports Centre

Early May Bank Holiday

Friday 3rd May	12.15pm – 1.00pm	Spinning
Saturday 4th May	10.30am – 11.30am 11.30am – 12.30pm	Total Body Zumba
Sunday 5th May	10.00am – 11.15am 11.30am – 12.30pm	Yoga Bootcamp Circuits
Bank Holiday	12.30pm – 1.30pm	Fitness Circuits
Monday 6th May	6.00pm – 7.00pm	Zumba

All classes back to normal from Tuesday 7th May 2018

Spring Bank Holiday

Friday 24th May	12.15pm – 1.00pm	Spinning
Saturday 25th May	10.30am – 11.30am 11.30am – 12.30pm	Total Body Zumba
Sunday 26th May	10.00am – 11.15am 11.30am – 12.30pm	Yoga Bootcamp Circuits
Bank Holiday	12.30pm – 1.30pm	Fitness Circuits
Monday 27th May	6.00pm – 7.00pm	Zumba

All classes back to normal from Tuesday 28th May 2019

All teachers subject to availability

Pick up a Fitness Class timetable from Reception or visit www.kelseykerridge.co.uk