



Fitness Class Schedule

Early May & June Bank Holiday '22

At

**Kelsey Kerridge
Sports Centre**

Early May Bank Holiday

Friday 29th April	12.15pm – 1.00pm	Group Cycling
Saturday 30th April	11.30am – 12.30pm	Zumba
Sunday 1st May	11.30am – 12.30pm	Bootcamp Circuits
Bank Holiday	12.30pm – 1.30pm	Fitness Circuits
Monday 2nd May	6.00pm – 7.00pm	Zumba
	6.15pm – 6.45pm	Krunch & Kore

All classes back to normal from Tuesday 3rd May 2022

June Bank Holiday

Thursday 2nd June	12.30pm – 1.30pm	Bootcamp Circuits
	7.00pm – 7.45pm	Group Cycling
Friday 3rd June	12.15pm – 1.00pm	Group Cycling
Saturday 4th June	11.30am – 12.30pm	Zumba
Sunday 5th June	11.30am – 12.30pm	Bootcamp Circuits

All classes back to normal from Monday 6th June 2022

All teachers subject to availability

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