



FRITTON LAKE

STUDIO TIMETABLE

Please note the gym is closed during Yoga sessions.

Monday	07:00 – 21:00 Gym Open All Day		
Tuesday	07:00 – 21:00 Gym Open All Day	10:00 -11:00 Dance Fit	11:00 - 11:30 Full Body Sculpt
Wednesday	07:00 – 21:00 Gym Open All Day		10:30 -11:30 Booty Barre
Thursday	07:00 – 21:00 Gym Open * closed during Yoga		09:30 – 10:30 Yoga
Friday	07:00 – 21:00 Gym Open All Day		
Saturday	08:00 – 21:00 Gym Open All Day		10:30 – 11:30 Pilates
Sunday	08:00 – 21:00 Gym Open All Day		