

Class Timetable

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING CLASSES				10:00 - 11:00 Keep Fit		
AFTERNOON/ EVENING CLASSES	19:30 - 20:30 Keep Fit	18:00 - 19:00 Insanity* 19:15 - 20:15 Pilates	18:00 - 19:00 Kettlercise* 19:00 - 20:00 Circuit Training*	18:30 - 20:30 Irish Dance 19:30 - 22:30 Salsa		12:00 - 16:00 Irish Dance

* Classes marked with an asterisk are free for gym members (Kettlercise, Insanity & Circuit Training). To book please contact Pete on **0117 9038681** or email pstrang@southbristolsportscentre.co.uk.

For other class bookings please use the contact details below.

Salsa	Irish Dance	Pilates	Keep Fit
Wayne 07985 609912 wayne@salsabristol.co.uk	Stacey 07825 234510 staceyjdquinn@msn.com	Andi 07549 761491	Pat 0117 9775460