



CLASS TIMETABLE

MONDAYS

19:00 BOOTCAMP (60MIN) – SALLY
20:15 CLUBBERCISE (45min) – KIRSTY

TUESDAYS

06:15 RISE & SHINE SPIN (45MIN) – ALISON
09:30 BARBELL PUMP (60MIN) – SALLY
19:15 SPIN (45MIN) – LORRAINE
19:00 BARBELL PUMP (60MIN) - LAURA

WEDNESDAYS

09:30 BOOTCAMP (60MIN) – SALLY
19:00 BOXFIT (60MIN) - SALLY
19:00 YOGA (60MIN) – MICHELLE
20:15 ZUMBA (45MIN) – LORRAINE

THURSDAYS

10:00 ONE FIT MAMA £5 – WITH CHILDREN UP TO 4 YEARS (60MIN) – LOUISE
18:30 BODY BLAST (60MIN) - SALLY
19:00 SPIN (45MIN) – DEBBIE
19:45 ABS BLAST (20MIN) - DEBBIE

FRIDAYS

09:30 BODY TONING (60MIN) - SALLY

SATURDAYS

9:00 YOGA (60MIN) – MICHELLE
10:00 BARBELL PUMP (60MIN) – LAURA

SUNDAYS

09:00 PILATES (45MIN) – ALISON

**MEMBERS CAN BOOK CLASSES ON OUR APP, ONLINE AT WWW.ELITEFITNESSESSEX.CO.UK OR CALL US ON
01702 543333**