

Gym Time Table

Tel:ext 85065/email:bactive.waterside@ba.com

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|--|--|
| 07.30 - 07.45 CORE Gym Members Only | 07.00 - 07.45 INDOOR CYCLE £4 Non Members | 07.30 - 07.45 CORE Gym Members Only | 07.15 - 07.45 BOXERCISE £3 Non Members | 07.30 - 07.45 CORE Gym Members Only |
| 07.45 to 08.00 CRUNCH TIME Gym Members Only | 07.45 - 08.00 CRUNCH TIME Gym Members Only | 07.45 - 08.00 CRUNCH TIME Gym Members Only | 07.45 - 08.00 CRUNCH TIME Gym Members Only | 07:45 - 08:00 CRUNCH TIME Gym Members Only |
| 12.15 to 12.45 CRUNCH and CORE Gym Members Only | 12.15 - 13.00 INDOOR CYCLE £4 Non Members | 12.15 - 13.00 INDOOR CYCLE £4 Non Members | 12.15 - 13.00 INDOOR CYCLE £4 Non Members | 12.15 - 13.00 CIRCUITS £3 Non Members |
| 13.00 to 13.45 INDOOR CYCLE £4 Non Members | 13.00 to 13.30 CRUNCH and CORE Gym Members Only | 13.00 - 13.30 LBT £2 Non Members | 12.15 - 13.15 PILATES £5.00 | 13.00 - 13.30 LBT £2 Non Members |
| | 16.30 - 17.30 CIRCUITS £3 Non Members | 17.00 - 17.45 CIRCUITS (beginners from April 08) £3 Non Members | 17.30 - 18.45 HATHA YOGA £5.00 With Anu ext 83044 | |

Gym Time Table

Crunch Time Members Only

Mon,Tues,Wed,Thurs, Friday 07.45-08.00

Core and Crunch

Monday 12.00 - 12.45

Tuesday 13.00 - 13.30

Indoor Cycle £4 NM

Monday 13.00 - 13.45

Tuesday 07.00 - 07.45

Tuesday 12.15 - 13.00

Wednesday 12.15 - 13.00

Thursday 12.15 - 13.00

10 Sessions Booking

| | | |
|------------------------|---------|-----------------|
| Boxercise | 30 mins | £35 Non Members |
| Indoor Cycle | 45 mins | £25 Non Members |
| Circuits (beginners) | 45 mins | £25 Non Members |
| Circuits | 60 mins | £25 Non Members |
| L.B.T | 30 mins | £25 Non Members |

Legs, Bums & Tums (LBT) £2 NM

Wednesday 13.00 - 13.30

Friday 13.00 -13.30

Hatha Yoga £5.00

Thursday 17.30 to 18.45

Circuits £3.00 NM

Tuesday 16.30 - 17.30

Wednesday 17.00 - 17.45

Friday 12.00 - 12.45

Core £2 NM

Monday 7.30 - 7.45

Wednesday 07.30 - 07.45

Friday 07.30 - 07.45

Boxercise/ £3 NM

Thursday 07.15 - 07.45

Pilates £5.00

Thursdays 12.15 -13.15