



Fitness Studio Timetable

Monday

6:15 -7am *Bootcamp with VJ Fitness *

18:15-7pm—Circuits with Jordan

19:00-19:45pm- Ballet Fit with Victoria

Tuesday

18:00-18:45pm Legs , bums and tums with Victoria

19:00-19:45 pm *Bootcamp with VJ Fitness*

Wednesday

6:15-7am *Bootcamp with VJ Fitness*

18:00-18:45pm Killer Cardio with Jordan

Thursday

10-10:45 am- Mature Movers with Victoria

19:00-19:45pm- *Bootcamp with VJ Fitness*

Saturday

09:00- 09:30 am H.I.I.T training with Jordan

***VJ Fitness Classes are subject to a £5 payment**

COMING SOON

Studio Cycle

Disco Cycle