

Beach Fit...

Fitness Classes

Opening times:
Monday - Friday 06.30 - 22.00pm
Saturday & Sunday 08.00 - 20.00pm
Bank Holiday 08.00 - 18.00pm
Last entry is 1 hour before

Monday

Body Fitness	M	10.00am - 10.30am
Ab Attack	M	18.30pm - 19.00pm
Spin Fit	A	19.00pm - 20.00pm

Tuesday

Spin Fit	B	18.30pm - 19.00pm
Spin Fit	A	19.00pm - 20.00pm

Wednesday

Body Fitness	M	11.00am - 11.30am
Spin Fit	M	18.00pm - 19.00pm
Ab Attack	M	19.00pm - 19.30pm

Thursday

Ab Attack	M	19.00pm - 19.30pm
-----------	----------	-------------------

Friday

Ab Attack	M	10.00am - 10.30am
-----------	----------	-------------------

Saturday

Spin Fit	M	10.00am - 11.00am
----------	----------	-------------------

Class Descriptions

Body Fitness An enjoyable overall workout for the daytime exerciser

Ab Attack 30 minutes of intensive abdominal/ core conditioning for an all over workout of the stomach and waistline

Spin Fit Indoor cycling class done to music, great for fat burning

B Beginners - New users only

A Advanced - An intense workout, not for the faint hearted

M Mixed - Exercise to different levels of fitness and ability

All classes are booked at reception. Classes can be booked upto 7 days in advance