

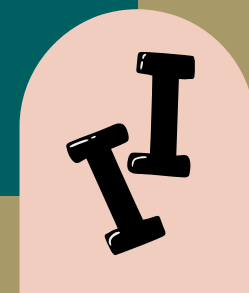


Notts County Foundation

**The Portland  
Centre**

# CLASSES @ PORTLAND

DAY & TIME	CLASS	INSTRUCTOR
MON 9:30AM-10:15AM	AQUAFIT	KELLY
MON 5:15PM-6PM	CIRCUIT TRAINING	NEIL
MON 6PM-7PM	YOGA	SOPHIE
TUE 5:15PM-6PM	HIIT & CORE	NEIL
TUE 6PM-6:30PM	KETTLEBELLS	NEIL
TUE 7:05PM-8:05PM	BARRE FITNESS	OSANA
WED 5:15PM-6PM	BOXFIT	NEIL
WED 6PM-6:45PM	ZUMBA	SARAH W
THU 6PM-7PM	YOGA	ROSI
FRI 7:15AM-8AM	CIRCUIT TRAINING	NEIL



All sessions have a limited number of spaces, please book to avoid disappointment by calling 0115 859 9968 or visiting reception. Members may book 14 days in advance. Non-

Members may book 7 days in advance. The class timetable is subject to change. NCF reserves the right to alter/cancel classes. However, we will endeavour to keep disruption to a minimum..

**FOR MORE INFORMATION PLEASE VISIT [WWW.THEPORTLANDCENTRE.COM](http://WWW.THEPORTLANDCENTRE.COM)**