

CLASSES

MONDAY

7:00-8:00 FITCAMP (£) MONTHLY PRE BOOKED
9:30-10:15 ZONAL CIRCUITS
9:45-10:30 AQUAFIT
19:00-20:00 YOGA

TUESDAY

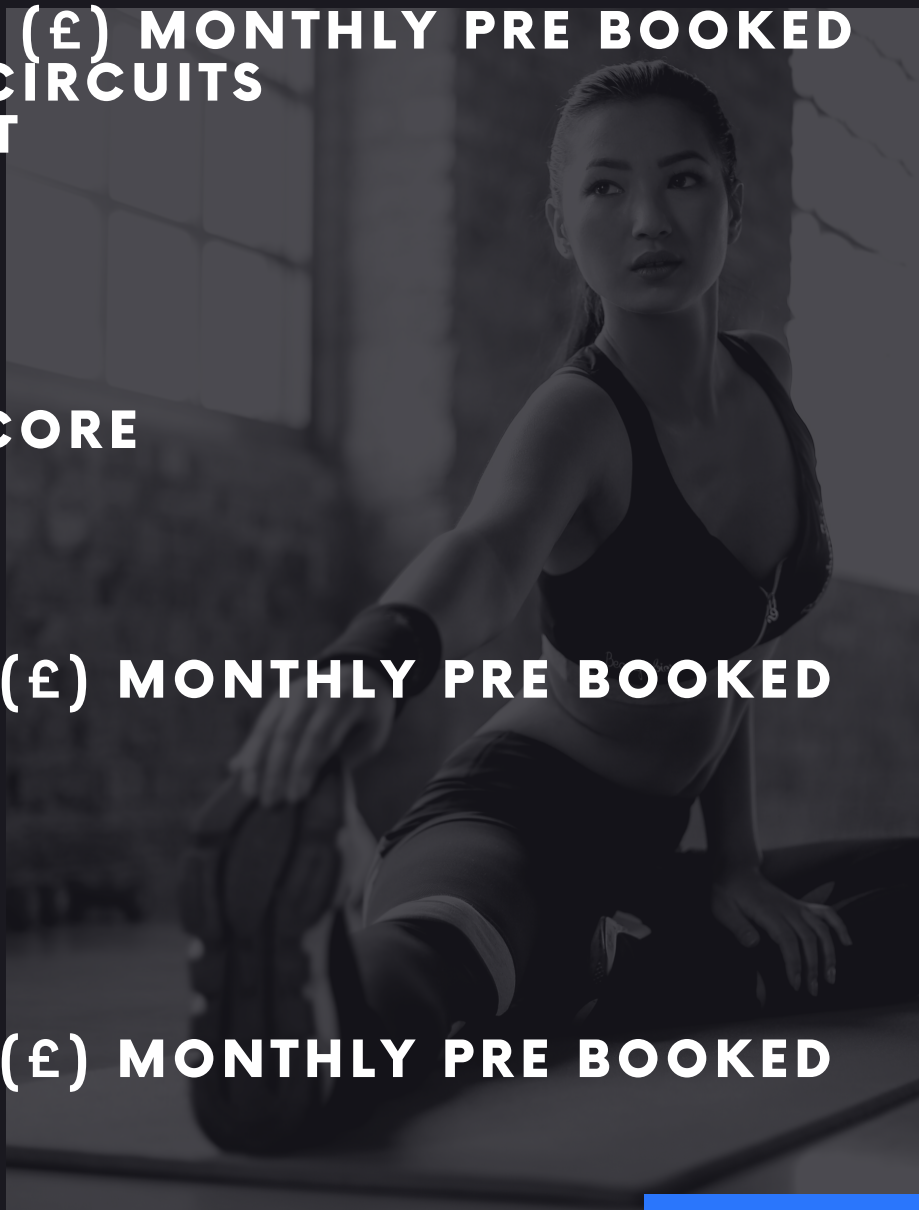
18:00-19:00 PILATES
19:00-19:45 HIIT & CORE

WEDNESDAY

7:00-8:00 FITCAMP (£) MONTHLY PRE BOOKED
12:00-12:30 CORE
19:00-20:00 ZUMBA

FRIDAY

7:00-8:00 FITCAMP (£) MONTHLY PRE BOOKED
12:00-12:30 HIIT



Notts County Foundation

**The Portland
Centre**