

CLASSES & COURSES



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SPIN & PUMP

with Beth

9.30 - 10.30

£5.50

INTERMEDIATE PILATES

with Jacqui

9.30 - 10.30

£42.00

(6 week course)

HIIT SQUAD

With Jacqui

9.30 - 10.30

£5.50

AEROBIKING

with Beth

9.30 - 10.15

£5.00

AEROBIKING

with Jo

7.30 - 8.15

£5.00

SENIOR CIRCUITS

With Jacqui

11.15 - 12.15

£20.00

(4 week course)

FUSION-MIX

With Jacqui

18.00 - 19.00

£5.50

CHAIR PILATES

With Jacqui

11.15 - 12.15

£28.00

(4 week course)

INTERMEDIATE PILATES

with Jacqui

18.30 - 19.30

£42.00

(6 week course)

FRIDAY FITNESS

with Jacqui

9.30 - 10.15

£5.00

BEGINNERS AEROBIKING

with Jo

18.00 - 18.30

£4.70

FUSION MIX

With Jacqui

18.00 - 19.00

£5.50

AEROBIKING

with Jo

17.45 - 18.30

£5.00

JUST PUMP

With Beth

18.45 - 19.45

£5.50

Loyalty scheme available, get a stamp for every session attended.

8 stamps can be redeemed as a free class of choice.



sportscentre@weymouth.ac.uk



01305 208713