



**Wyvern**  
Sport & Fitness

# Fitness Class

## Timetable

Monday				
	Pump It	6.00pm-6.55pm	Non members £6	
	Pilates Beginners	6.30pm-7.20pm	Payable course	
	Step It Up	7.05pm-8.00pm	Non members £6	
	Yoga Beginners	7.30pm-8.30pm	Payable course	
	Spin Intervals	8.10pm-8.55pm	Non members £6	
	Ultimate Abs	8.10pm-8.55pm	Non members £6	
Tuesday				
	Teen Gym	3.00pm-4.25pm	£4 per child	
	Box Fit	6.00pm-6.55pm	Non members £6	
	Pilates Improvers	6.10pm-7.00pm	Payable course	
	Pilates Advanced	7.10pm-8.00pm	Payable course	
	LBT	7.00pm-7.50pm	Non members £6	
Wednesday				
	Circuits	6.00pm-6.55pm	Non members £6	
	Total Body Conditioning	7.05pm-7.55pm	Non members £6	
	Pilates (Mixed Ability)	8.15pm-9.00pm	Non members £6	
Thursday				
	Teen Gym	3.00pm-4.25pm	£4 per child	
	Total Tone	6.00pm-6.55pm	Non members £6	
	Parent & Teen Gym	6.30pm-8.00pm	£4 per child	
	Vinyasa Style Flow - Yoga	6.30pm-7.30pm	Payable course	
	Pilates Beginners	7.35pm-8.20pm	Payable course	
Friday				
	Insanity	6.00pm-6.50pm	Non members £6	
	Parent & Teen Gym	6.30pm-8.00pm	£4 per child	
Saturday				
	Spinning	8.30am-9.15am	Non members £6	
	Body Blitz	9.30am-10.25am	Non members £6	
	LBT	10.30am-11.25am	Non members £6	
	Parent & Teen Gym	11.00am-12.30pm	£4 per child	
Sunday				
	Pilates (Mixed Ability)	10.00am-10.55am	Non members £6	
	Parent & Teen Gym	11.00-12.30pm	£4 per child	

Free to Members

10 Session passes available

Prepaid enrolment required

**Classes:** if less than 3 people attend a class the instructor may cancel on that day. All classes must be booked in advance via the online booking system. Management reserve the right to cancel or reduce the number of classes on offer at any time at short notice. There are no refunds available for members as a consequence of any changes made to the class timetable. Spaces on the Spin classes are limited to 10.

**Price:** selected classes available free to monthly and annual Sport and Fitness Members. Non members prices vary depending on class type and time

**Courses:** Please note - Pilates and Yoga courses except Sunday and Wednesday Pilates must be booked at the Community Enterprise Office on 023 80 692678. These are run on a first come first served basis, and enrolment /payment is required prior to commencement.