

Fitness Class Timetable

The Country Club
at Patrington Haven

Morning Classes	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:15am - 11am	Legs, Bums & Tums	STEP STRONG&STABLE	BOXERCISE	Body Tone	Circuit Training	STEP STRONG&STABLE	AMRAP
11am - 11:45am		Fitness Pilates	Aqua Fit		Abs & Core	Fitness Pilates	
Evening Classes							
6pm - 6:45pm	Circuit Training	Body Tone	Legs, Bums & Tums	BOXERCISE			
6:45pm - 7:15pm	Abs	Fitness Pilates	AMRAP	Studio Cycling			
7:15pm - 7:45pm			Kettlebells				

Fitness Classes are for Country Club members only

Challenge yourself! Try two classes back to back...

*There must be a minimum of 3 participants booked onto each class for the class to take place.

Full class cancellation policy and how to cancel a class can be found on our website www.countryclubpatrington.co.uk