

Fitness Class Timetable

Morning Classes	Monday	Tuesday	Wednesday	Thursday	Friday
9:30am - 10:15am					Circuit Training
10:15am - 11am	Body Tone		BOXERCISE®		Abs
11am - 11:45am	Aqua Fitness			Aqua Fitness	
Evening Classes					
6pm - 6:45pm	Circuit Training	Body Tone	Circuit Training	Body Tone	
6:45pm - 7:15pm	Abs	AMRAP	Booty Burn	AMRAP	

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