**CRESSET GYM**

**SUMMER Class Programme**

From Monday 30th July – Sunday 2nd September

**Monday**

10:00 – 11:00 Senior Circuit All Mel

12:00 – 13:00 Hatha Yoga All Gemma

17:30 – 18:15 Zumba All Samia

18:30 – 19:15 Pump-it All Samia

19:00 – 20:00 Freestyle Fitness Yoga All Kirsty

19:30 – 20:30 Zumba All Samia

**Tuesday**

09:45 – 10:45 Pilates Int/Adv Christie

18:00 – 18:30 Ab Blast All Samia

18:30 – 19:15 Zumba All Samia

19:30 – 20:15 Zumba All Samia

**Wednesday**

10:00 – 11:00 Zumba (Ladies Only) All Samia

11:00 – 12:00 Stroke Group All Ian

18:00 – 19:00 Zumba All Samia

18:30 – 19:30 Hatha Yoga All Emma

19:00 – 20:00 Pump-it All Samia

**Thursday**

09:45 – 10:45 Pilates Int/Adv Christie

17:30 – 18:30 Yoga All Emma

17:30 – 18:30 Pilates All Kirsty

18:30 – 19:15 Zumba All Kirsty

**Friday**

09:30 – 10:30 Hatha Yoga All Gemma

10:30 – 11:30 Pump-it All Samia

12:00 – 13:00 FitCircuit All Samia

18:00 – 19:00 Thai Fit All Richard

**PLEASE NOTE SENIOR CIRCUIT 11:00-11:45 WILL BE ON MONDAY 30TH JULY ONLY!**