



# Class Timetable

To book onto a class call **01249 810944**

or email: [blackland.health@btconnect.com](mailto:blackland.health@btconnect.com)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM	<p><b>BODY INTENSITY</b></p> <p>9:30am - 10:15am</p> <p>-</p> <p>10:30am - 11:15am</p>	<p><b>BODY INTENSITY</b></p> <p>09:30am - 10:15am</p> <p>-</p> <p>10:30am - 11:15am</p> <p>Low intensity options available</p>	<p><b>SPIN</b></p> <p>9:30am - 10am</p>	<p><b>AQUA</b></p> <p>9:30am - 10am</p> <p>-</p> <p>10:30am - 11am</p> <p>-</p> <p>1:30am - 12pm</p>	<p><b>HIIT</b></p> <p>9:30am - 10am</p> <p>-</p> <p>10:15am - 10:45am</p>
PM	<p><b>SPIN</b></p> <p>7.30pm - 8pm</p>	<p><b>BODY INTENSITY</b></p> <p>6:30pm - 7:15pm</p> <p>-</p> <p>7:30pm - 8:15pm</p>	<p><b>SPIN</b></p> <p>6.30pm - 7pm</p>	<p><b>BODY INTENSITY</b></p> <p>6:30pm - 7:15pm</p> <p>-</p> <p>7:30pm - 8:15pm</p>	<p><b>HIIT</b></p> <p>6:30pm - 7pm</p> <p>-</p> <p>7:15pm - 7:45pm</p>

**BODY INTENSITY** a combination of our classic circuits and body condition classes

**HIIT** High Intensity Interval Training - a short intense class