

# Manor Leisure

## Fitness Class Timetable April - August



**Monday**  
7:00am - Spin Express (30mins)  
10:00am - Circuits  
1:00pm - HardCore (30mins)  
5:30pm - Legs, Bums, Tums  
6:30pm - Boxercise  
7:30pm - HardCore

**Wednesday**  
7:00am - Legs, Bums, Tum  
10:00am - Buggy Buddies\*  
5:30pm - Spin + Core  
6:30pm - Tabata  
7:30pm - Gym Circuit (Max 6)  
7:30pm - Yoga\*

**Tuesday**  
7:15am - Circuits  
10:00am - Aqua  
10:00am - Legs, Bums, Tums  
6:00pm - Spin  
7:00pm - Studio Pump  
8:00pm - Strength + Conditioning\*



**Thursday**  
7:15am - Boxercise  
1:00pm - Gym Circuits  
5:30pm - Circuits  
6:30pm - 30/30  
7:30pm - Legs, Bums, Tums

**Friday**  
7:15am - HIIT  
10:00am - Aqua  
10:00am - Spin  
6:00pm - Beginner Spin  
6:45pm - HardCore

**Saturday**  
9:00am - Spin & Tone

**Booking Required**  
\* Additional Fee  
\*\* Courses/ Additional Fee  
Call: 028 686 22210