

fitness timetable

cityfitness

Monday	Spinning Ladies Only 9.30am - 10.30am	Zumba Dance 6pm - 6.45pm	Over 60's Aerobics 6.50pm - 7.50pm	Spinning Class 8pm - 9pm	
Tuesday	Weight Busterz 9.15am - 10am	Spinning Class 5.30pm - 6.20pm	Boxercise 6.30pm - 7.30pm	Weight Busterz 7.30pm - 8.30pm	
Wednesday	Stretch & Tone 9.15am - 10am	Walking Club 11am - 1.30pm	Spinning Class 6pm - 7pm	Zumba Class 7.30pm - 8.15pm	
Thursday	Weight Busterz 9am - 9.45am	Over 60's Aerobics 9.45am - 10.45am	Spinning Class 6.30pm - 7.30pm	Spinning Class 8pm - 9pm	
Friday	Ladies Boxercise 9.15am - 10am	Street Dance 6pm - 6.45pm	Zumba Dance 7pm - 7.45pm	Spinning Class 8pm - 9pm	
Saturday	Weight Busterz 10am - 10.45am	Boxercise 12noon - 1pm	Target Teens 1pm - 2pm	Spinning Class 3pm - 4pm	
Sunday	Abs Blast 9am - 10am	Spinning Class 3pm - 3.45pm			

For more information call
0161 256 6653

* Cityfitness reserves the right to revise this information at any time.

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