

COMING SOON!

Class Bookings Online!

fitness@sitwellarms.com

For More Info



Gym Classes Timetable October

Please be aware that **ALL CLASSES including spinning** will take place in the **Sitwell Suite** until further notice.

Classes can be booked 7 days in advance

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>
6—7pm Circuit Training	6—6:45pm Kettlecise	5:30—6:15pm Studio Cycling	5.30—6.15pm Studio Cycling
	6.55—7:40pm Studio Cycling	6:25—7.15pm Body Conditioning	6.25—7.15pm Cardio Combat
	7:30—8:30pm Yoga		7:30—8:30pm Yoga

Please understand that not all our usual instructors are available at this present time due to the recent pandemic. Any equipment being used for classes, will be fully sanitised prior to use by the instructor and after use by the participant. Class attendees will be distanced a minimum of 1 meter apart and hand sanitising stations are provided. Face coverings are optional when taking part in classes and we ask anyone who is showing symptoms of COVID-19 or has shown any in the last 14 days, not to enter the building. We thank you for your cooperation. Any queries please call 01246 435226