

Fitness4All

your gym at the Adelphi Mill

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday					
Day	12:30	Kettlebells	12:15	Pilates	12:30	Spin	12:30	Zumba	12:30	Boot Camp	10:00	Spin
	13:15	Chris	13:00	Sarah	13:15	Chris	13:15	Becky	13:15	Mike	10:45	Chris
			12:30	Gym Floor Live								
			13:00	Mike								
Evening	17:45	Spin	17:45	Kettlespin	17:45	Aerotone	17:45	Pump	18:00	F4A Friday		
	18:30	Andy	18:30	Chris	18:30	Jody	18:45	Tim	18:45	F4A Staff		
	18:45	Kettlebells	18:45	Boxercise	18:45	Bootcamp	18:45	Spin	Cardiovascular			
	19:30	Chris	19:30	Mike	19:30	Mike	19:30	Tim	Conditioning			
	19:30	Pilates	19:30	Energise	19:30	Spin	19:30	Boxercise	Holistic			
20:15	Mark	20:15	Fiona	20:15	Andy	20:15	Mike	Tel: 01625 575760				