

# 360 Autumn timetable

MONDAY	06:15 - 07:00	Early Spin
	09:00 - 10:00	BodyMAX
	10:30 - 11:30	Pilates (Intermediate)
	11:45 - 12:45	Pilates (Advanced)
	13:00 - 14:00	Pilates (Intermediate)
	16:30 - 17:30	Gym Fit
	17:45 - 18:45	Club Spin
TUESDAY	09:00 - 10:00	TRX/Spin
	09:30 - 10:30	Barre Concept
	14:00 - 14:45	Spin
	16:30 - 17:30	Seniors
	17:30 - 18:30	Acid Spin, Netball (until end Oct)
	19:30 - 20:30	Sculpt
WEDNESDAY	09:00 - 10:00	HIIT
	18:00 - 18:30	HIIT
	18:30 - 19:30	Club Spin
THURSDAY	07:00 - 08:00	Early Spin
	09:00 - 10:00	360 Circuits, Strength, Balance & Mobility
	10:00 - 11:00	Yoga
	17:30 - 18:30	Teenage Training
	18:30 - 19:30	360 SLAM
	19:30 - 20:30	360 Workout
FRIDAY	09:00 - 10:00	Tone & Condition, 360 SLAM
	17:45 - 18:45	360 Box
SATURDAY	08:10 - 08:30	Tabata
	08:30 - 09:30	Cyclone Spin
SUNDAY	09:30 - 10:30	Circuit Training

*Barre Concept, Pilates and Yoga are not included in any membership packages. Please note that Barre Concept and Pilates do not run during school holidays.*

*Please contact instructors directly for more information:*

### **Pilates/Barre Concept**

*Rebecca Cullinane  
M: 07734 934751*

### **Yoga**

*Emma Lawrence  
M: 07968 151016*

*Please make sure all spin classes are booked online.*

**[freestyle360.co.uk](http://freestyle360.co.uk)**

**T: 01386 700039**



**Freestyle 360**

INDOOR & OUTDOOR GYM