

rossis

live life well

CLASS TIMETABLE

Monday

09:00 - 09:45	 Spinning
10:15 - 11:00	 'Strictly' Fitsteps
11.15 - 12.15	 Yogalates
12.25 - 12.55	 Meditation
18.00 - 18.45	 Fitness Pilates*
19.00 - 19.45	 Spinning

* From July

Tuesday

08:30 - 09:15	  Aquafit
08:30 - 09:30	 Yoga
09:45 - 10:30	  Aquafit
10:00 - 10:50	  Lite Lift
11:05 - 12:05	 Pilates
18:00 - 18:45	  Enduro-tone
18:55 - 19:35	  Core Contour

Wednesday

08:00 - 08:45	 Spinning
09:15 - 10:00	  Aero-tone
10:15 - 11:15	 Hatha Yoga
11:30 - 12:30	 Functional Pilates
18:00 - 18:40	 Cardio Fit
18:50 - 19:20	  Core Contour

Thursday

08:30 - 09:15	  Aquafit
09:45 - 10:30	  Aquafit
10:00 - 10:50	  Lite Lift
11:05 - 12:05	 Hatha Yoga
18:00 - 18:45	  Enduro-tone
19:15 - 20:00	 Spinning

Friday

09:00 - 09:45	 Spinning
10:15 - 11:00	  Body Active
11.15 - 12.15	 Fitness Pilates
18.00 - 18.45	  Circuits
19.00 - 19.45	 Yoga

Saturday

08:45 - 09:30	 Spinning
10:00 - 10:45	  Aquafit

Sunday

09:00 - 10:00	   Shuffle Class
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Mind & Body



Cardio



Strength

Every class on our timetable is suitable for all levels of fitness, from beginner through to advanced.

Open to both Members & Non-Members

Book via the Fitsense App. or give us a call

www.rossis.co.uk | [f Rossis Leisure](https://www.facebook.com/RossisLeisure) | [i RossisLeisure](https://www.instagram.com/RossisLeisure) | 01692 404966

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