

WYTHENSHAWE FORUM

Monday 4th July – Sunday 4th September 2016

Monday

17:30	18:30	Yoga	FORUM HALL	£3.90
18:00	18:45	Group Cycle	STUDIO	£3.90
19:00	20:00	Circuits	SPORTS HALL	£3.90
19:00	20:00	Les Mills Body Pump	STUDIO	£3.90

Tuesday

11:00	12:00	Total Body Conditioning - Ladies Only	STUDIO	£3.90
12:30	13:15	Group Cycle	STUDIO	£3.90
18:00	19:00	Les Mills Body Pump	STUDIO	£3.90
19:05	20:05	Boxfit	STUDIO	£3.90
20:00	20:45	Water Workout	MAIN POOL	£3.90

Wednesday

10:00	11:00	Zumba	STUDIO	£3.90
18:00	18:45	Group Cycle	STUDIO	£3.90
18:45	19:15	Core Stability	STUDIO	£3.90
19:15	20:10	Les Mills Body Attack	FORUM HALL	£3.90

*Classes correct at time of printing, please check online for live class information.

Booking more than 2 classes per week? Taking out a membership **WILL** be BETTER value for money. Please ask at reception.

FITNESS CLASS TIMETABLE

Thursday

10:00	11:00	Total Body Conditioning 55+	STUDIO	£3.90
17:30	18:15	Group Cycle	STUDIO	£3.90
18:30	19:30	Les Mills Body Pump	STUDIO	£3.90
19:15	20:15	Zumba	FORUM HALL	£3.90
19:45	20:30	Pilates	STUDIO	£3.90

Friday

12:30	13:15	Zumba	STUDIO	£3.90
17:00	17:45	Pilates	STUDIO	£3.90
18:00	18:45	Boxfit	SPORTS HALL	£3.90

Saturday

10:30	11:15	Group Cycle	STUDIO	£3.90
11:30	12:25	Les Mills Body Pump	STUDIO	£3.90

Booking Information

Classes can be booked online at www.better.org.uk

Or in centre:

Wythenshawe Forum

Forum Square

Manchester

M22 5RX

0161 935 4020