

MONDAY		
09.30 - 10.15	Fat Burn Extreme	Crèche
09.30 - 10.15	Cycling Revolution	Crèche
10.30 - 11.15	Core & Abs Conditioning	Crèche
18.00 - 18.45	Stability Ball Toning	
19.00 - 19.45	Tone & Sculpt	
19.00 - 19.45	Cycling Revolution	
20.00 - 20.45	Cardio Kick	

TUESDAY		
06.15 - 07.15	Early Circuits	
09.15 - 10.00	Tone & Sculpt	Crèche
10.15 - 10.45	MetaFIT	Crèche
11.00 - 12.00	Yoga	Crèche
18.00 - 18.45	Stretch, Tone & Relax	
18.00 - 18.45	Cycling Revolution	
19.00 - 19.45	HiiT Cardio	
20.00 - 20.55	Pilates	

WEDNESDAY		
09.30 - 10.30	Body Blitz Step	Crèche
10.45 - 11.45	Pilates	Crèche
18.00 - 18.45	Midweek Mayhem	
18.00 - 18.45	Cycling Revolution	
19.00 - 19.45	Power Push	

To make sure you don't miss the class you love book all your classes online up to a week in advance. www.onthelimit.co.uk
 Follow us on Twitter @OnTheLimit and Facebook 'onthelimit' for last minute spaces and the latest fitness updates. Full class information available on our website.
 Terms and conditions apply to all classes and events.

Timetable from 27 September 2018

THURSDAY		
06.15 - 07.00	Cycling Revolution	
09.30 - 10.15	Power Push	Crèche
10.30 - 11.00	MetaPWR	Crèche
10.30 - 11.15	Cycling Revolution	Crèche
18.00 - 18.45	MetaPWR new class	
18.00 - 18.45	Cycling Revolution	
19.00 - 19.45	Zumba	
20.00 - 21.00	Pilates	

FRIDAY		
09.15 - 09.45	MetaFIT	Crèche
09.55 - 10.25	MetaFIT	Crèche
10.45 - 11.30	Ultimate Lower Body	Crèche
18.00 - 18.45	Cycling Revolution	

SATURDAY		
09.30 - 10.15	Power Push	
10.30 - 11.30	Pilates new class	

SUNDAY		
09.30 - 10.15	Cycling Revolution	
10.30 - 11.15	MetaPWR new class	

£2 OFF your membership every month

Refer a friend or family member and you get £2 off your membership every month for as long as they remain peak or off peak members.

Ask at reception for more details