

CLASS TIMETABLE

TRACKSIDE FITNESS



Monday

09.30 - 10.20 BODYPUMP

10.30 - 11.30 ZUMBA

18.30 - 19.30 STEPFIT

18.40 - 19.40 SPINNING

19.45 - 20.45 BODYPUMP

Tuesday

09.20 - 10.10 SPINNING

10.15 - 11.00 CORE ATTACK

18.30 - 19.15 BOOTIE BLITZ

19.25 - 20.10 BATTLEFIT

Wednesday

09.30 - 10.30 STEPFIT

18.30 - 19.30 ZUMBA

18.40 - 19.25 SPINNING

19.35 - 20.30 L.B.T.

Thursday

09.20 - 10.05 BATTLEFIT

10.15 - 11.15 BOOGIE BOUNCE

18.00 - 19.00 BOXFITNESS

19.10 - 20.10 BODYPUMP

Friday

09.30 - 10.30 ZUMBA

Classes must be pre-booked up to 1 day in advance via the Fitsense App, (members only), or by calling 01621 784552. Non-members must pre pay classes which can be done using a bank card over the phone, or at reception.

To book a class please call on:

01621 784552

Non-members are welcome at a cost of £7.50 per class.

Please arrive on time for classes and check in at reception. If you are unable to attend a class please call Trackside at least one hour before the start time. Alternatively, you can cancel via the app.